• Our "How-To" Page •

TOASTING NUTS FOR COOKING

When your recipe calls for toasted nuts — and you have Sunnyland raw nuts rather than toasted — here's what you do:

• **Skillet Method:** In a small skillet over low heat, brown nuts in a little butter, margarine, or salad oil, stirring constantly. Drain on paper towels.

• **Oven Method:** Preheat oven to 350°. On cookie sheet, spread whole, sliced, slivered, or chopped nuts in a single layer; bake 5 to 20 minutes (depending on size of pieces), stirring occasionally, until just lightly browned (nuts will brown a little more after being removed from oven). Spread out on brown paper or paper towels to cool.

• **Microwave Method:** Place 1 cup nuts on paper plate. Cook in microwave oven on full power for 1 1/2 minutes or until hot.

TOASTING NUTS FOR SERVING

Place nuts in shallow pan in 200° oven. When the nuts are warm, add melted butter (2 Tbsp. for 8 oz. of nuts, 4 Tbsp. for 16 oz.). Stir to coat nuts and salt to taste while stirring. Toast in oven for at least 4 hours.

STORAGE OF NUTS

Pack all nuts in clean, dry containers with tight lids to protect them from insects and odors. Suitable packages are **(A)** glass jars with tight lids; **(B)** plastic cartons with tight lids; **(C)** poly bags tightly closed.

The secret of storing both in-shell nuts and nut meats is to keep them cool. They must be refrigerated promptly. The lower the temperature, the longer nuts keep. In the home refrigerator, nuts store satisfactorily for up to 9 months; in the freezer at zero, they remain in good condition for two years.

Unshelled nuts may be held twice as long, under the same conditions, as shelled halves. Pieces may be held for about one-half as long as halves.

Experiments show that there is a very slight loss in quality of nuts stored under refrigeration but freezing causes no permanent injury to fully dried nuts. They may be held for weeks after thawing if kept cold. Low in moisture (only 4%), they may be refrozen again and again without adverse affect on their quality or texture.

USING NUTS

Never chop or grind nuts until you are ready to use them. Use finely chopped nuts in delicate cake batter so they will distribute evenly, not sink to the bottom. Coarsely chopped nuts provide texture contrast in candies, cookies, quick breads. Nut halves and large pieces are attractive garnishes, provide crunch in tender mixtures such as fruit, macaroni and seafood salads, casseroles. Slices and slivers add eye-appeal to soups, sauces and vegetables and main dishes.

SUNNYLAND WILD RICE

• 1 pound uncooked rice equals approximately 2 2/3 cups. One cup of uncooked rice will make four cups of cooked rice.
• Cooked wild rice freezes well; is so handy to have on hand. Do not refreeze.

SUNNYLAND DRIED FRUITS — HOW TO STEW

Cover fruit with water; boil in tightly covered saucepan until tender. Add sugar or honey (if desired) during the last 5 min. of cooking. If sugar is added earlier, your fruit may toughen.

FRUIT	AM'T OF SUGAR OR HONEY	COOKING TIME
Apricots	1/4 cup for each cup fruit	About 15 min.
Figs	Usually not necessary	About 35 min.
Peaches	1/4 cup for each cup fruit	About 25 min.
Pears	1/4 cup for each cup fruit	About 25 min.
Prunes	2 Tbsp. for each cup fruit	About 20 min.
Compote	1/4 cup for each cup fruit	About 25 min.

To Vary: Before cooking, add grated lemon or orange rind, clove, cinnamon stick, a few Sunnyland Raisins, or lemon or orange slices.

Storage of Dried Fruits: Store in the refrigerator, tightly sealed to prevent the fruit from drying out. For longer term storage, you may want to place your fruits in the freezer.

All Sunnyland Nuts, Nut Delicacies and Fruits are fully described in our full color catalog.

Jane and Harry Willson — Sunnyland Farms, Inc. — Albany, Georgia 31706-8200

Sunnyland Nuts and Fruits. . . and Wild Rice, Too!

VOLUME VIII

Nuts and fruits are among Mother Nature's great foods. They are rich in vitamins and minerals. Nuts furnish excellent protein. Dried fruits furnish high quality carbohydrates and dietary fiber.

The ways to enjoy nuts are endless! Crack'em and eat'em as is; toast and salt them. Use them in hundreds of recipes - for appetizers and canapes; in soups; in fish and poultry dishes; in vegetables; in breads; and of course, in desserts.

Dried fruits make healthful snacks for children and adults. You can create new treats of all sorts. Use them for salads; for desserts; for breakfast.

It's easy to keep a variety of nuts and fruits on hand to enjoy whenever you want. Nuts store perfectly in the freezer. Take out what you need and re-freeze the remainder time after time. Dried fruits keep well in the refrigerator. You'll find complete storage instructions on the back cover.

This little book gives lots of information to help you enjoy your Sunnyland selections even more. There is a bit of history and other facts — some useful, some just interesting — about each nut and fruit; plus a collection of favorite recipes for everything from appetizers to desserts.

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THE STORY OF THE PECAN

The golden-kerneled pecan, like turkey and corn pudding, is a native American contribution to the world's fine foods.

Records of DeSoto and de Oviedo reveal that Indians had been enjoying the tasty nuts of the "pacan" tree long before Europeans arrived on these shores.

These stately native trees, a member of the hickory family, grow wild from Illinois to the Gulf. The largest forests are found along the river banks of the lower Mississippi Valley. The nuts from these trees, called "seedlings", are very tasty, but are usually quite small and have a hard shell. It is difficult to get the kernels out whole without commercial machinery. Once shelled, seedlings find a ready market in the candy, bakery, and ice cream trades.

"Cultivated" or "improved" varieties are pecans which were selected from seedling trees whose nuts displayed some superior characteristic: thinner shell; larger size; better flavor; brighter color; or higher kernel content. These improved varieties do not grow wild, but are planted in orchards and are carefully cultivated. Producing quality pecans today requires a large investment in land and machinery.

Georgia produces far more improved pecans than any other state. Our home county, Dougherty, has more pecan trees than any other in the U.S. — over 250,000. About 11,000 of these make up the Willson orchards.

Harvesting, once a matter of picking up the fallen nuts by hand, has been mechanized. The tree is shaken, dislodging the nuts, which fall to the ground. They are then picked up by

— THE PECAN STORY —

Continued from page one

a harvester and recleaned to remove leaves and sticks.

We then size the pecans, using only the finest to go into our in-shell packs and to the shelling plant for our mail order halves.

Pecan shelling plants, like ours at Sunnyland Farms, consist of machines to crack the shells, followed by a series of separators which utilize air, water, vibrators, and sophisticated electronic sorters to separate kernels from shells, and to sort the meats by sizes and grades.

The final step is inspection by the human eye, which is still essential to delivering to you the uniformly high quality product you expect from Sunnyland Farms.

HOW PECAN SIZES ARE DETERMINED

Size classifications of Pecan Halves are determined by the U.S. Dept of Agriculture. They are based on the number of halves it takes to make a pound.

Mammoth . . under 250 halves per pound	Jr. Mammoth . . 251-300 halves per pound
Jumbo (Junior) . 301-350 halves per pound	Extra Large . . . 351-450 halves per pound
Large . . . . . 451-550 halves per pound	Medium . . . . . 551-650 halves per pound
Topper . . . . . 651-800 halves per pound	

Two pecan varieties may both grade "Mammoth" and yet look like different sizes, because of differences in length, thickness or density of the nut. At Sunnyland we use only Mammoth in our boxes of Mammoth Halves — smaller sizes in our boxes of Junior Halves.

In-shell pecans are graded according to diameter. We use those which the USDA designates as "extra-large". For Stuarts and other "round" types, these are pecans which will not pass through a 15/16 inch screen opening. For Schleys and other "long" types, they are pecans which will not pass through a 13/16 inch screen. In both cases, the count per pound is about 50-60 nuts.

INTERESTING FACTS ABOUT PECANS

- The oil in pecans is about 95% polyunsaturated, an even higher percentage than corn oil.
- George Washington was very fond of pecans, carrying them in his pockets all through the Revolutionary War. Thomas Jefferson propagated pecans at Monticello.
- A 5-pound package of unshelled pecans may contain more than three pounds or less than one pound of kernels, depending on variety and quality. Good grade unshelled pecans average about 50% kernel. Schleys and a few other premium grades may surpass 60%.
- One cup of pecans equals about 3-1/2 oz. (or about 4-1/2 cups per pound).
- Pecans are a rich source of Vitamin B-6. Most foods containing B-6 (soybeans, wheat, etc.) are cooked before being eaten. Cooking destroys B-6. Pecans are delicious raw.

Recipes using Sunnyland Pecans

BREAKFAST MUFFINS

Served with cheese, these muffins are excellent picnic sandwiches

2 cups flour
1/2 tsp. salt
4 tsp. baking powder
2 Tbsp. sugar
1 cup milk
1 egg, beaten
2 Tbsp. melted and cooled shortening
1/2 cup Sunnyland Raisins
1/4 cup Sunnyland Small Pecan Pieces

In a large bowl sift dry ingredients together. Combine milk, egg and shortening Add to dry mixture. Stir until just blended but not smooth. Add raisins and pecans stirring gently. Fill greased muffin pans two-thirds full; bake at 400° for about 25 minutes. Yield: 12 muffins.

STRAWBERRY NUT SALAD

2 (3oz.) pkgs. strawberry gelatin
1 cup boiling water
2 (10 oz.) pkgs. frozen strawberries, thawed, with juice
2 mashed bananas
1 (1 lb. 4 oz.) can crushed pineapple, drained
1 cup Sunnyland Small Pecan Pieces
2 (8 oz.) cartons sour cream

Dissolve gelatin in water. Add strawberries and juice, drained pineapple, bananas and nuts. Put 1/2 mixture in rectangular glass dish; refrigerate until firm. When congealed, spread sour cream over the top. Then pour the rest of the mixture over all. Refrigerate until firm.

To serve: Cut into squares; serve on lettuce with a fruit salad dressing.

• Recipes Using Sunnyland Pecans (continued) •

STUFFED MUSHROOMS

1 lb. (about 12-14) large fresh mushrooms
6 Tbsp. melted butter
1/4 cup minced onion
1/2 cup bread crumbs
1/2 cup Sunnyland Small Pecan Pieces, toasted
3/4 tsp. salt **1/8 tsp. pepper**

Rinse mushrooms and pat dry; remove stems, chop stems; and set aside. Brush outside of caps with some of the butter; place caps in a buttered shallow 9" baking dish. Combine remaining butter, onion, and chopped stems in a saucepan; sauté 5 minutes. Stir in bread crumbs, pecan pieces, salt and pepper. Spoon stuffing into each mushroom cap. Bake for 20 minutes at 350°. Yield 4 servings.

HAM CHEESE APPETIZERS

1 (8 oz.) pkg. cream cheese, softened
1 (3oz.) can deviled ham
1/4 tsp. Worcestershire sauce
1/4 tsp. lemon-pepper **Dash of thyme**
1/8 tsp. Tabasco sauce
1 cup Sunnyland Small Pecan Pieces

Blend thoroughly all ingredients except pecan pieces in a blender or with a spatula. Refrigerate mixture in refrigerator several hours until firm. Shape into marble size balls and roll in pecan pieces. Serve on toothpicks.

TURKEY SALAD PIQUANTE

This is a hearty salad and makes a complete meal with the addition of a seasonal beverage and simple sweet

1 1/2 cups cooked turkey meat, cut in bite-size pieces
1/2 cup celery, slivered in 1" lengths
1 cup water chestnuts, sliced and drained
1/4 cup Sunnyland Small Pecan Pieces
1 (5 oz.) can pineapple chunks
1 cup cooked rice
1 (10 oz.) pkg. frozen cut-style green beans, cooked according to pkg. directions
1/2 cup mayonnaise
Lettuce **Parsley to garnish**

Combine all ingredients except lettuce and parsley. Chill for at least one hour. Mound in lettuce cups to serve. A garnish of parsley is especially attractive.
Yield: 5 to 6 servings.

ANCHOVY NUT TIDBITS

Make a tasty, eye appealing "sandwich" by putting a small amount of anchovy paste between two natural Sunnyland Pecan Halves.

BUTTERNUT CASSEROLE

3 cups cooked butternut squash, mashed
2 Tbsp. butter or margarine, melted
1 Tbsp. brown sugar **1/4 tsp. salt**
1 Tbsp. butter or margarine
6 cups apples, peeled and chopped
1/4 cup sugar
1 cup water
1 1/2 cups cornflakes, coarsely crushed
1/2 cup Sunnyland Small Pecan Pieces
1/2 cup brown sugar, firmly packed
2 Tbsp. butter or margarine, melted

Combine first 4 ingredients, stirring well; set aside. Melt 1 Tbsp. butter in a large skillet; add apples, sugar and water. Cover and simmer 8 to 10 minutes or until tender. Drain off excess liquid. Stir cooked apples into squash mixture. Spoon into a lightly greased 2-quart casserole. Combine remaining ingredients, stirring well; sprinkle over squash. Bake for 20 minutes at 350°. Yield: 8 servings.

CRANBERRY PECAN PIE

3 eggs, slightly beaten
1 cup light or dark corn syrup
2/3 cup sugar
2 Tbsp. corn oil margarine, melted
1 cup coarsely chopped fresh cranberries
1 cup Sunnyland Small Pecan Pieces
1 Tbsp. grated orange peel
1 unbaked 9" pie shell

In medium bowl stir eggs, corn syrup, sugar and margarine until well blended. Stir in cranberries, pecans and orange peel. Pour into pie shell. Bake in 350° oven about 1 hour or until knife inserted halfway between center and edge comes out clean. Cool on rack. Yield: 8 servings.

DEVILS FOOD POUND CAKE

1 pkg. devils food cake mix
1 pkg chocolate instant pudding mix
4 eggs **1 cup water**
1/2 cup cooking oil
1 cup Sunnyland Small Pecan Pieces

In a mixing bowl, blend all ingredients except pecans. Beat at medium speed 2 minutes. Fold in pecans. Pour into a greased and lightly floured 10" tube pan. Bake at 350° for 45 to 55 minutes. Cool in pan for 25 minutes. Remove from pan and pour hot chocolate glaze (see below) over top of the cake.

Chocolate Glaze

2 Tbsp. cocoa **5 tsp. water**
1 Tbsp. cooking oil **1 Tbsp. corn syrup**
1 cup confectioners sugar

Combine all ingredients except sugar. Cook and stir over low heat until mixture is smooth. Remove from heat and beat in sugar until smooth.

THE ENGLISH WALNUT STORY

English walnuts have been cultivated by man since the most ancient of times. They originally came from the southwest Asian lands of the Persian Empire. From there they were carried west into Greece, Italy and France. These countries today have substanstial commercial production of walnuts.

Walnuts were one of the favorite delicacies of the Romans. Remains of husked, well-preserved, unbroken walnuts have been found in the ruins of Pompeii and Herculaneum, which Mt. Vesuvius destroyed in A.D. 79.

Walnuts travelled east into India and China. Native Persian walnuts are found today throughout the low Himalaya mountains in India. Production of walnuts is a significant crop in the Peoples' Republic of China.

English Walnuts did not reach England until the 1600's. The English began trading in walnuts from the Mediterranean region. Their countrymen fell in love with the nuts and soon a thriving trade existed. It is as a result of this trade that the nuts became known to Europeans (and Americans) as "English" Walnuts rather than their more widespread name, "Persian" Walnuts.

Efforts to grow walnuts in England, however, didn't pan out. Walnuts, like pecans, are a long season crop. Most years, late freezes kill the buds before they can mature into nuts. Today, the British countryside is well forested in places with walnut trees which make lovely shade trees and beautiful furniture lumber but few nuts. Most of the walnuts themselves, so essential for a British yule feast, come from southern Europe.

One favorite British snack is pickled green Walnuts, a delicacy which hasn't found much favor on this side of the Atlantic.

Today half of the world supply of walnuts comes from commercial groves in California. Most production used to be in the south near Los Angeles, but in the first half of the 1900's the entire production belt moved north to the San Joaquin Valley, around Stockton. Today almost no commercial production remains in the southern part of the Golden State.

Walnuts, unlike pecans, do not easily shell out complete halves. In fact, so few complete halves are produced that most shellers supply only pieces, or mixed pieces and halves. Sunnyland Farms selections are the extra-fancy pieces and halves and extra-fancy small pieces.

Recipes using Sunnyland English Walnuts

PARTY CHEESE BALLS

1/2 cup grated Swiss cheese
1/2 cup grated jack cheese
1 (8 oz.) pkg. cream cheese
3 oz. bleu cheese, shredded
1/2 lb. sharp, cheddar cheese, grated
1/4 cup onion, minced
Dash of Worcestershire sauce
1 Tbsp. sherry wine
2/3 cup Sunnyland Small English Walnut Pieces
1/3 cup fresh parsley, chopped fine

Bring cheeses to room temperature. Mix with onion, Worcestershire sauce and wine until well blended; form into one, two or three balls. Roll each in combined nuts and parsley. Wrap in refrigerator paper; refrigerate or freeze. Bring to room temperature before unwrapping. Serve with whole wheat crackers. Yield: 10 to 15 servings.

• TO TOAST ENGLISH WALNUTS: Drop kernels into boiling water for 3 minutes. Drain well and spread evenly in shallow pan. Bake in 350° oven, stirring often for 12 to 15 min. or until golden brown.

BEEF CASSEROLE WITH OLIVES

1 (8 oz.) pkg. thin noodles
1 cup stuffed olives, halved
1 can condensed mushroom soup
1 1/4 cups milk
3/4 cup onion, chopped
2 Tbsp. butter
2 lbs. ground chuck
3/4 cup sharp cheese, grated
2 Tbsp. parsley, chopped
1/2 cup Sunnyland Small English Walnut Pieces
1 cup Chow Mein noodles

Grease a 2-quart casserole. Cook thin noodles in boiling water until tender, but not soft (about 9 minutes). Drain. Stir in olives, soup and milk. Sauté onion in butter until lightly browned. Add beef and brown well. In the casserole put a layer of noodle mixture, then one of meat. Sprinkle with grated cheese and chopped parsley. Alternate layers until all the ingredients have been used. Cover the casserole and bake at 350° for 1 hour. Remove the cover; sprinkle the top with nuts and Chow Mein noodles; cook uncovered at 400° for 10 minutes to brown. Yield: 4 to 6 servings.

SPRING CASSEROLE

1/4 cup butter **1 lb. zucchini, sliced**
1 cup green pepper, diced
1 garlic clove or 1/8 tsp. garlic powder
1/2 lb. mushrooms, sliced
1/8 tsp. pepper
1/2 cup Sunnyland Small English Walnut Pieces

In large skillet, melt butter. Sauté zucchini, green pepper and garlic until almost tender, stirring occasionally. Add mushrooms and pepper. Sauté 10 minutes or until all vegetables are tender, tossing well. Stir in walnuts, serve hot. Yield: 6 servings.

SPINACH LOAF

Serve this dish with a tomato sauce. Nice with fish.

2 cups cooked spinach
1 cup soft bread crumbs
1 medium size onion, minced
1/2 cup Sunnyland Walnuts, chopped
1 tsp. salt **1/8 tsp. pepper**
1/8 tsp. paprika **1 Tbsp. butter, melted**
2 eggs, beaten **Milk or stock**

Chop spinach. Add all other ingredients using just enough milk or stock to form into a loaf. Place in greased loaf pan. Bake at 375° for 30 minutes.

PINEAPPLE-YOGURT NUT LOAF

Try orange or peach yogurt, too!

2-1/2 cups whole-wheat flour
1/2 cup bran flakes
2 Tbsp. wheat germ
1 tsp. baking soda
1 tsp. baking powder **Dash salt**
1 egg, beaten
2 cups pineapple yogurt
1/4 cup milk
2 Tbsp. cooking oil
2 Tbsp. light molasses
2 Tbsp. honey
1 tsp. lemon juice
1 cup Sunnyland Raisins
1/2 cup Sunnyland Small English Walnuts Pieces
1/2 cup Sunnyland Dates, pitted and chopped

In a bowl mix first 6 ingredients. In a second bowl combine egg, yogurt, milk, cooking oil, molasses, honey and lemon juice. Stir into dry ingredients until just moistened. Mix in raisins, walnuts and dates. Pour into a greased 9" × 5" × 3" loaf pan. Bake at 325° for 65 to 70 minutes or until bread tests done. Cool 10 minutes before removing from pan. When room temperature wrap and store overnight before slicing.

PEAR CRUNCH SALAD

6 fresh pears
2 Tbsp. lemon juice
1 cup celery, chopped
1/2 cup Sunnyland Small English Walnut Pieces
1/4 cup ripe olives, chopped
1/2 cup mayonnaise
Crisp salad greens

Halve pears and core; sprinkle with lemon juice. Combine celery, walnuts, olives and mayonnaise; fill pears with celery mixture. Serve on salad greens. Yield: 6 servings.

WALNUT JEWEL SALAD

1 (6 oz.) pkg. strawberry gelatin
1/2 tsp. salt **2 cups hot water**
1 (8-1/4 oz.) can crushed pineapple
2 Tbsp. lemon juice **Cold water**
1/2 cup Sunnyland English Walnuts, chopped and toasted
1/2 cup celery, diced
2/3 cup raw cranberries, chopped
Crisp lettuce

Dissolve gelatin and salt in hot water. Drain pineapple, saving syrup. Combine syrup and lemon juice with cold water to measure 1-2/3 cups liquid. Add to gelatin. Chill until mixture begins to thicken slightly. Fold in walnuts, celery, cranberries and drained pineapple. Turn into oiled 1-1/2 quart mold and chill firm, at least 4 hours. Unmold onto crisp lettuce. Yield: 8 to 10 servings.

BAKED APPLE PUDDING

1/3 cup butter or margarine, softened
1 cup sugar **1 egg, beaten**
1 cup flour **1 tsp. soda**
1/4 tsp. salt **1/4 tsp. cinnamon**
1/4 tsp. ground nutmeg
1 tsp. vanilla extract
2 cups unpeeled apple, grated
1/2 cup Sunnyland Walnuts, chopped

Cream butter and sugar; add egg and beat well. Combine dry ingredients; add to creamed mixture, stirring well. Add remaining ingredients, stirring well. Spoon mixture into a lightly greased 8" square pan. Bake at 350° for 35 minutes or until done. Serve warm or cold with brandy sauce. Yield: 8 to 10 servings.

Brandy Sauce

1/4 cup butter or margarine, softened
1 cup powdered sugar
1 tsp. boiling water
2 Tbsp. brandy **Dash of salt**

Combine butter and powdered sugar; beat until smooth. Add water, brandy and salt; beat until fluffy. Yield: 1/2 cup.

THE ALMOND STORY

Almonds are the most widely known and most widely grown tree nuts eaten by man. They are grown in many countries around the shores of the Mediterranean Sea and in the lands of western Asia. French chefs utilize almonds extensively, as do gourmet Chinese cooks.

Spanish padres brought not only religion but also almonds to the New World. The trees quickly became established in the south-west region of the U.S. Today commercial production is concentrated solely in the magnificent Sacramento River Valley of California.

Man has used almonds throughout recorded history. Witness these passages from the Bible. "And their father Israel said unto them, if it must be so now, do this: take of the best fruits in the land in your vessels, and carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds."— Genesis 43:11

"And it came to pass, that on the morrow Moses went into the tabernacle of witness; and behold, the rod of Aaron for the house of Levi was budded and brought forth buds, and bloomed blossoms, and yielded almonds."— Numbers 17:8

Almonds became popular throughout Europe. An inventory of the household goods of the queen of France in 1372 showed 20 lb. of sugar — and 500 lb. of almonds!

Botanically, almonds are not nuts, but a stone fruit like peaches and plums. We eat the pit, or seed. This explains why almonds are firmer — even harder — than true nuts like pecans and walnuts. They are bee-pollinated. The beautiful pink and white blossoms make orchards a fairyland in the spring. They also make frost control a nightmare for growers!

Every grower that we've met pronounces "almond" to rhyme with "ham". They don't mind, however, when non-growers pronounce it to rhyme with "palm".

Almonds come in many sizes and forms. At Sunnyland we offer extra-large whole almonds, toasted or natural; blanched slivered; unblanched sliced and hickory smoked whole almonds.

Recipes using Sunnyland Almonds

CREAM OF ALMOND SOUP

2/3 cup Sunnyland Slivered Almonds
2 Tbsp. butter
2 Tbsp. onion, chopped
1 can condensed chicken soup with rice
1-1/3 cups milk Salt and pepper
Paprika for garnish

Chop almonds as fine as possible or put through food grinder. Heat butter; add onion and cook about 10 minutes until lightly brown; add almonds and cook 1 minute longer stirring constantly. Strain the chicken soup; press the chicken and rice through a sieve; add with soup to the almond mixture; add milk and season to taste; heat. Garnish each serving with a dash of paprika. Yield: 4 to 5 servings.

ALMOND FRIED POTATOES

Dress up left-over potatoes

2 Tbsp. onion, finely chopped
1/3 cup Sunnyland Sliced Almonds
1/4 cup butter or margarine
4 1/4 cups cooked cubed potatoes
3/4 tsp. salt
1/4 tsp. pepper
1/4 cup whipping cream

Sauté onion and almonds in butter until almonds are golden brown. Add potatoes, salt and pepper, mixing well. Stir in cream. Cook over low heat until potatoes are brown, turning as necessary. Yield: 4 to 6 servings.

ASPARAGUS AND FISH ROLLS

A new combination we really enjoy

1 Tbsp. flour 1 small onion, sliced
4 fish fillets (4 oz. ea.)
1 (10 oz.) pkg. frozen asparagus spears
1 (10-3/4 oz.) can condensed cream of celery soup
1 Tbsp. mustard 1 tsp. salt
1/2 cup Sunnyland Slivered Almonds, toasted
Parsley to garnish

Shake flour in 10" × 16" Brown-in-Bag; place onion slices in bag. Roll each fish fillet around 4 to 5 asparagus spears; secure with a toothpick; place in bag. Combine soup, mustard and salt; spoon over fish. Close bag with twistum; make six 1/2" slits in top and bake at 350° for 45 minutes until asparagus is tender. Remove to heated platter, remove toothpicks and garnish with almonds and parsley. Yield: 4 servings.

SUPER VEGETABLE CASSEROLE

A tasty one-dish cheese and vegetable casserole for a complete meal

1 (12 oz.) can Shoe Peg corn
1 (16 oz.) can French cut string beans
1/2 cup celery, chopped
1/2 cup onion, chopped
1 (2 oz.) jar pimientos, chopped
1/2 cup sour cream
1/2 cup sharp cheddar cheese, grated
1 (10-3/4 oz.) can celery soup
1/2 tsp. salt 1/2 tsp. pepper

Topping

1 cup cracker crumbs
1/2 stick butter, melted
1/2 cup Sunnyland Slivered Almonds

Mix all ingredients except topping. Place in 1-1/2 quart casserole. Mix topping ingredients and sprinkle over vegetables. Bake at 350° for 45 minutes.

• Recipes Using Sunnyland Almonds (continued) •

STUFFED PEPPERS WITH RICE & HAM

Just like my mother used to make

6 large green peppers
1 small onion, chopped
3/4 cup celery, chopped
2 Tbsp. butter or margarine
2 medium tomatoes, chopped
2 cups cooked rice
1-1/2 cups cooked ham, chopped
1/2 cup Sunnyland Slivered Almonds, toasted
1/2 tsp. salt
1/4 tsp. pepper
1/2 cup buttered bread crumbs

Cut off tops of green peppers and set tops aside; remove seeds and discard. Cook peppers 5 minutes in boiling salted water; drain and set aside.

Chop tops of peppers; combine with onion and celery; sauté in butter in a large skillet until tender. Add rest of ingredients except bread crumbs. Cook stirring occasionally 15 minutes or until most of liquid is absorbed.

Stuff peppers with the mixture; top with bread crumbs. Place in baking dish and pour in 1 inch of water. Bake at 350° for 10 minutes. Yield: 6 servings.

BAKED CHICKEN CASSEROLE

Tasty, easy to make, great for guests

2 cups celery, chopped
1 small onion, chopped
2 Tbsp. butter
4 cups cooked chicken, diced
3/4 cup mayonnaise
1 can cream of chicken soup
4 hard boiled eggs, chopped fine
1 tsp. salt
2 Tbsp. lemon juice

1 cup potato chips, crushed
2/3 cup cheddar cheese, grated
1/3 cup Sunnyland Slivered Almonds, chopped

Sauté celery and onion in butter until soft (about 3 min.). Mix with next 6 ingredients. Put into a 13" × 9" baking pan. Combine potato chips, cheese and almonds; sprinkle on top. Bake at 400° for 25 to 30 minutes. Serves 10 to 12.

GRAPEFRUIT ASPIC

A refreshing summer salad
Serve with honey-caraway salad dressing

1 (3 oz.) pkg. lemon or lime gelatin
1 Tbsp. sugar 3/4 cup boiling water
1 cup unsweetened grapefruit juice
2 medium grapefruit, peeled, seeded and sectioned
3/4 cup Sunnyland Sliced Almonds
Lettuce leaves

Dissolve gelatin and sugar in boiling water; stir in grapefruit juice. Chill until consistency of unbeaten egg white.

Chop grapefruit sections; drain. Stir grapefruit and almonds into thickened gelatin. Pour mixture into eight lightly oiled 1/3-cup molds. Chill until firm. Serve on lettuce leaves. Yield: 8 servings.

DATE-NUT CHARLOTTE RUSSE

1 Tbsp. plain gelatin 1/4 cup cold water
1/3 cup scalded milk
1/3 cup powdered sugar
1 cup whipping cream 1 tsp. vanilla
1/4 cup Sunnyland Almonds, chopped
1/3 cup Sunnyland Dates, chopped
1/4 cup maraschino cherries, chopped
Lady fingers

Soften gelatin in cold water; dissolve in hot milk with sugar. Chill until mixture begins to congeal. Then whip until light. Whip cream until it holds its shape; flavor with vanilla. Fold into gelatin mixture. Fold in nuts and fruits. Arrange lady fingers around edge of glass serving dish and pile mixture in center. Chill. Yield: 6 portions.

ALMOND FUDGE PIE

1 (4 oz.) pkg. chocolate fudge pudding
3/4 cup corn syrup
3/4 cup evaporated milk
1 egg, slightly beaten
1/2 cup chocolate chips, melted
1 cup Sunnyland Slivered Almonds, toasted and chopped
1 (9-inch) graham cracker crust (see Pecan Meal page)
Whipped cream to garnish

Blend together pudding mix, corn syrup, milk, eggs and chocolate. Add almonds and pour into unbaked pie crust. Bake at 375° for 45 minutes. Allow to set 4 hours before serving. Garnish with whipped cream.

JIFFY FRUIT DESSERT

Mix one (1 lb. 14 oz.) can fruit cocktail, drained and chilled with 3 oz. undiluted frozen orange juice concentrate and 1/3 cup toasted Sunnyland Slivered Almonds. Serve immediately in dessert dishes topped with whipped cream.

THE PEANUT STORY

History

Peanuts have been known since the early days of the American colonies. Thomas Jefferson's writings refer to "ground nuts" in Virginia.

Peanuts originated in the tropical lower reaches of the Andes Mountains in Bolivia. They have been found in many ancient Inca tombs. Spanish and Portuguese explorers carried them to Africa, where they proved highly adapted. From there they came to North America.

Today they grow in warm-weather climates world-wide.

Peanuts were strictly a Southern delicacy until after the Civil War. Northern soldiers returning home took with them a taste for the "goobers" they had enjoyed down South. Soon the home folks were asking for them. P.T. Barnum began selling roasted peanuts at his circus. Soon, theater owners began allowing customers in the uppermost balconies to bring peanuts to performances. Thus was born the "peanut gallery."

How Peanuts Grow

Peanuts are not nuts at all. They are peas. The plant looks much like the ordinary garden pea vine, with a white and yellow pea blossom.

Seeds are planted in mid-spring and the plants are carefully cultivated for about four months. They grow to a little less than knee-high. Some of the stems bury themselves in the ground where yellowish pods develop into shells containing one to three seeds.

Peanuts are harvested by running a sharp-bladed plow through the field about 4 in. deep, cutting the tap root and loosening the dirt around the nuts. The vines are picked up and shaken (so the loose dirt drops off), then dropped back on the ground, upside down.

After one to five days drying time, a peanut combine harvests the crop. It picks off the unshelled nuts and scatters the vines and leaves back on the ground. The peanuts are then dried to a safe moisture level for storage and they are ready for further processing.

Food Value of Peanuts

- Peanuts are over 26% pure protein, higher than other traditional protein sources such as eggs (11%), ground beef (24%) and whole milk (3.5%). They also rank high in Phosphorus; Iron; Niacin; Riboflavin; and Thiamine.
- They are high in unsaturated fat.
- Peanut oil is widely used for cooking. Its high smoke point permits frying at very high temperatures without the oil burning.

Peanut Butter

Peanut Butter may be one of our original "health" foods. Incas used ground peanuts mixed with cocoa as a remedy for toothache. Peanut butter as such was unknown until 1890. In that year, a St. Louis physician "invented" it to provide a tasty, easily digested, high-protein food for some of his young patients.

The patients liked the Dr.'s concoction so well they continued to enjoy it after they got well, and shared with their friends. By the 1920's, peanut butter was known and appreciated by adults and children across the country.

Sunnyland Peanuts

Of the many peanut varieties grown, our choices are the red-skin Spanish peanuts and the water-blanched Virginias. Both come three ways: toasted and salted; toasted, not salted; and raw. Both varieties are delicious in any recipe.

Cooking with Sunnyland Peanuts

PARMESAN STRIPS

6 Tbsp. Parmesan cheese, grated
3 Tbsp. cream
3 Tbsp. fresh parsley, minced
12 narrow strips toasted bread
3 Tbsp. Sunnyland Toasted/Salted Peanuts, chopped
Salt and pepper to taste

Mix first three ingredients; season with salt and pepper to taste. Spread on toast strips. Sprinkle with peanuts. Bake at 400° for 10 minutes. Yield: 12 strips.

SOY-GLAZED PEANUTS

1/2 cup dark corn syrup
1/4 cup sugar 2 Tbsp. soy sauce
2 Tbsp. butter or margarine
3 cups Sunnyland Toasted/Salted Virginia Peanuts

In a 2-quart saucepan over medium heat, heat corn syrup and remaining ingredients except peanuts to boiling, stirring constantly. Set candy thermometer in place and continue cooking, without stirring, until thermometer reaches 260° or hard-ball stage. Pour hot corn-syrup mixture over nuts, tossing nuts to coat completely. Bake at 250° in shallow baking pan 1 hour stirring occasionally. Cool in pan on wire rack. Break nuts apart. Store in tightly covered container in refrigerator. Yield: 3 cups.

STUFFED HAM STEAK

2 cups soft bread crumbs
1/2 cup Sunnyland Raisins
1/2 cup Sunnyland Toasted/Salted Peanuts, chopped
2 Tbsp. dark corn syrup
1/2 tsp. dry mustard
1/4 cup butter or margarine
2 slices ham, 1/2-inch thick
Whole cloves

Combine all ingredients except ham and cloves. Place one slice of ham in shallow baking pan; spread stuffing over ham and top with second slice of ham. Stick cloves in fat. Bake at 300° for 1 hour. Yield: 6 servings.

SPICY PEANUT RAISIN PIE

3 eggs 1/2 cup sugar
1-1/2 cups dark corn syrup
1/4 cup butter, melted
1/4 tsp. salt 1/2 tsp. vanilla
1-1/2 cups Sunnyland Toasted/Salted Virginia Peanuts, chopped
1/2 cup Sunnyland Raisins
1/8 tsp. ground cloves
1 tsp. white vinegar
1 unbaked deep dish pastry shell

Beat eggs with beater until foamy. Add sugar, syrup, butter, salt and vanilla; continue to beat until thoroughly blended. Stir in nuts, raisins, cloves and vinegar. Pour into unbaked pastry shell. Bake at 375° for 50 to 55 minutes. Serve warm or cold. May be garnished with whipped cream or ice cream. Yield: 6 servings.

SQUASH WITH PEANUT TOPPING

2-1/2 lbs. summer squash
2 or 3 onions sliced
Salt, pepper
1/2 cup water
4 Tbsp. butter or margarine, divided
3/4 cup Sunnyland Toasted/Salted Virginia Peanuts, chopped
8 to 10 crackers, crumbled

Wash squash. Cook about 20 minutes with onions, water, salt and pepper. Drain, then add 2 Tbsp. butter and mash well. Put into a greased baking dish, sprinkle with nuts and crackers, then dot with remaining butter. Bake for 30 minutes at 350°. Yield: 4 servings.

SALTED PEANUT CRISPS

1/2 cup butter, softened 1/2 cup shortening
1-1/2 cups brown sugar, packed
2 eggs 2 tsp. vanilla
3 cups flour 1 tsp. salt 1/2 tsp. soda
2 cups Sunnyland Toasted/Salted Peanuts

Mix thoroughly butter, shortening, sugar, eggs and vanilla. Stir in the remaining ingredients. Mix until blended. Drop the dough by rounded teaspoonfuls about 2" apart onto a lightly greased baking sheet. Flatten dough with the bottom of a glass that's been greased and dipped in sugar. Bake at 375° for 8 to 10 min. or until golden brown. Immediately remove the cookies from the baking sheet. Yield: 6 dozen cookies.

CARROT AND PEANUT SALAD

4 large carrots, peeled and grated
1/2 cup mayonnaise
1 cup Sunnyland Toasted/Salted Peanuts, chopped
1 tsp. onion, grated
Paprika to sprinkle on top

Mix together all ingredients lightly. Chill. Serve on mounds of lettuce. Sprinkle top with paprika. Serves 4.

CHICKEN CHUTNEY SALAD

Dressing

2/3 cup mayonnaise
1/2 tsp. grated lime rind
2 Tbsp. lime juice 2 Tbsp. chutney
1/2 tsp. curry powder 1/4 tsp. salt

Salad

2 cups diced cooked chicken
1 (8-1/4 oz.) cans crushed pineapple, drained
1 cup celery, chopped
1/2 cup thinly sliced green onion
1/4 cup Sunnyland Toasted/Salted Peanuts, chopped

Combine dressing ingredients; stir well, and set aside. Combine remaining ingredients; pour dressing over top. Toss gently; chill 1 to 2 hours before serving. Yield: about 4-1/2 cups.

BOYFRIEND COOKIES

1 cup butter or margarine
1-1/3 cups light brown sugar, packed
1-1/3 cups sugar 2 eggs
1 tsp. vanilla 1-1/2 cups flour
1 tsp. soda 3-1/2 cups rolled oats
1-1/2 cups Sunnyland Toasted/Salted Peanuts, chopped
1 (6 oz.) pkg. chocolate bits, chopped

In a large mixing bowl, cream butter; slowly beat in sugars. Add unbeaten eggs and vanilla; beat until fluffy. Sift flour with soda; add oats. Stir into first mixture. Stir in peanuts, chocolate bits. Mix well. Drop by teaspoon onto greased cookie sheet. Bake at 375° for 12 min. Yield: 6 dozen.

THE APRICOT STORY

Apricots, a native of China, came to Europe with the armies of Alexander the Great. Alexander didn't make it any farther than Babylon; apricots did. They quickly became a favorite fruit of Southern Europe.

'Cots came to the New World, like so many of our fruits, with the Franciscan Padres. (California's agriculture might be entirely different were it not for those good Fathers.) Today the apricot grows along the coastal areas and the western side of California's great Sacramento and San Joaquin valleys.

Close kin to the peach, apricot trees look very similar. (Both are kin to the rose, which they look nothing like.) In early spring, a small white or shell-pink blossom appears on the bare branches. Shortly the young pale-green leaves begin unfolding, and the orchards become a veritable fairyland.

The apricot is a couple of weeks earlier than the peaches and plums. This makes it vulnerable to a late winter freeze, and effectively restricts the regions where it can be successfully produced.

The fruit ripens in July. It is harvested like other fruits. That is, the tree is shaken, the fruit falls onto a canvas catching frame. In the processing plant, the fruit is cut in half, the pit removed, and the fruit is spread cut-side-up on large drying frames. It is then treated with sulfur dioxide to prevent it from losing its color and its nutrients during the drying process. It dries naturally in the sun for 4 - 5 days. It takes from 5-1/2 to 8-1/2 pounds of fresh fruit to make just one pound of dried 'cots.

Once dry the fruit goes to the packing plant, where it is inspected and graded, then sized. The fruit we get is the large sizes. Each Sunnyland apricot must be at least 1-1/4 inches across to be acceptable to us.

The apricot is also kin to the almond — which is not a true nut at all, but a fruit pit. Like the almond, the apricot pit is a delicacy in many tropical lands. In some countries, the pits are ground up to make camel feed.

Cooking with Sunnyland Apricots

APRICOT BETTY

1-1/2 cups Sunnyland Dried Apricots
3/4 cup apricot juice (after stewing)
1-1/2 cups bread crumbs
3 Tbsp. butter, melted
2 Tbsp. sugar **1/4 tsp. cinnamon**
1/4 tsp. nutmeg **1/4 tsp. salt**
1 tsp. lemon rind, grated **1 tsp. vanilla**
1/4 cup Sunnyland Raisins

Stew apricots. Drain, saving 3/4 cup of the liquid for juice. Mix apricots and juice together. Set aside. Mix together bread crumbs and butter. Line the bottom of a baking dish with 1/2 of the crumb mixture. Sift together sugar, cinnamon, nutmeg and salt; add lemon rind and vanilla. Place 1/2 of the apricot mixture on top of crumbs in the dish. Cover apricots with 1/2 the sugar mixture; cover this with 1/3 of the remaining crumb mixture and sprinkle with all the raisins. Add remaining apricots and sprinkle as before with sugar mixture. Top with rest of bread mixture. Cover the dish; bake at 350° for 40 minutes. Remove the cover; increase heat to 400°; permit pudding to brown. Good topped with hard sauce. Yield: 5 servings.

APRICOT STUFFING

Best with chicken or pork tenderloin chops

1 cup Sunnyland Dried Apricots
1 cup cold water
4 cups dry bread crumbs
1/4 cup butter, melted
1/2 tsp. salt **1/8 tsp. pepper**
1/2 cup green peppers or celery, chopped
Chicken stock or apricot water

Bring to boiling point the apricots and water. Simmer for 5 minutes. Drain and save liquid, if desired. Cut apricots into strips. Combine with rest of ingredients except stock or apricot water. Use only enough liquid to moisten the stuffing lightly. Sufficient for 4 lb. chicken.

APRICOT-NUT BREAD

For Sunday breakfast or supper

1-1/2 cups Sunnyland Dried Apricots
1 cup water **1/2 cup sugar**
1 egg **1/2 cup sour milk**
1/2 cup apricot juice
2 Tbsp.shortening, melted
2-1/2 cups flour **1/2 tsp. salt**
3 tsp. baking powder
1/2 tsp. soda **1 cup sugar**
1/2 cup Sunnyland Small Pecan Pieces

Stew apricots; sweeten with 1/2 cup sugar. Drain saving 1/2 cup of juice; force fruit through sieve; cool. Beat together egg, milk, apricot juice and shortening. Add apricot pulp and mix well. Add flour sifted with salt, baking powder, soda and sugar. Then add nuts. Stir only until well mixed. Bake at 350° in greased 2-pound loaf pan for 1 hour.

THE BLACK WALNUT STORY

Black walnuts are a unique American contribution to mankind's culinary pleasures. Magnificent black walnut trees are found growing wild from New England to Minnesota and south as far as the Gulf States. The largest concentrations are in the Ozark Mountains of Arkansas and Southern Missouri. This is where we get our Sunnyland Farms black walnut meats.

A few growers have planted orchards of black walnuts. However, their nuts are much more bland than the wild nuts, which we like better, and which we sell.

The trees grow to enormous size, some reaching a height of 150 feet and thickness as much as 6 feet. Black walnut trees produce beautiful lumber used for furniture and paneling. Because the lumber is so highly prized, production of walnuts may be endangered. One walnut tree sold in 1977 for $30,000 for plywood! In fact, tree "rustling" has been a problem in many areas. There have been reports of people returning home after a vacation trip to find all their black walnut trees cut down and spirited away. (So much for the frailties of human nature.)

Black walnuts have a very hard, thick shell, and therefore are difficult to crack. They yield less than 10% meats (vs. 40-60% for pecans and 60-70% for almonds) and crack out broken pieces only.

Fortunately, black walnut shells have many industrial uses. Ground shells are used in oil well-drilling "mud", for sandblasting jet aircraft engines (it cleans away the carbon without scarring the metal) and in many building materials.

The nutmeats have a very strong flavor, and the fragrance which you detect upon opening the package is the normal one for Eastern black walnuts. Some persons, unfamiliar with black walnuts, have thought that this aroma indicated rancidity. It does not.

Because of their strong flavor, black walnuts are used chiefly as an ingredient item in recipes. They are much favored in making ice cream and candies and baked goods because they retain almost all their flavor during the cooking process. We do have some customers whose love affair with black walnuts has progressed to the point that they buy them to eat out of hand. Most people use them only in recipes.

A most versatile nut meat, Black Walnuts add delicious flavor to cakes, cookies, candy, salads, pies and many other baking treats. If you have a favorite Black Walnut recipe you'd like to share, please send it to us.

Recipes using Sunnyland Black Walnuts

GLORIFIED WALDORF SALAD

This salad is most attractive when heaped in the center of a congealed cranberry salad ring mold. Lovely for large buffet parties.

1-1/3 cups mayonnaise **1/4 cup milk**
2 Tsp. lemon juice **1-1/2 tsp. nutmeg**

4 large apples, diced **4 large pears, diced**
4 cups grapes, halved **2 cups celery, diced**
2 cups Sunnyland Black Walnut Pieces
3 large heads lettuce

To prepare dressing: In a small bowl, with wire whisk or fork, stir mayonnaise, milk, lemon juice and nutmeg until smooth. Set aside. In large bowl, combine remaining ingredients, except lettuce; add dressing and toss gently until well mixed. For each serving, heap about 1/2 - 3/4 cup of mixture onto a lettuce cup on a salad plate. Yield: 24 servings.

BLACK WALNUT CHOCOLATE DROP COOKIES

1-2/3 cups sifted flour **1/2 tsp. baking soda**
3/4 tsp. baking powder **1/4 tsp. salt**
1 cup Sunnyland Black Walnut Pieces
1/2 cup butter or shortening
1-1/4 cups brown sugar, packed
1 egg, beaten
2 oz. unsweetened chocolate, cut in small pieces, melted and cooled
1 tsp. vanilla **1/2 cup milk**

Mix and sift flour, baking soda, baking powder and salt; add nuts; mix well. Cream butter well, add sugar gradually; continue creaming until light and fluffy. Add egg and chocolate. Add vanilla to milk. Add flour mixture to butter mixture alternating with milk, mixing just enough after each addition to combine ingredients. Drop by spoonfuls on baking sheet. Bake at 375° for 10 to 12 minutes. When cool spread with an easy chocolate frosting.

BLACK WALNUT TAFFY

3 cups brown sugar **1 Tbsp. vinegar**
3/4 cup water **1/8 tsp. salt**
1/2 cup Sunnyland Black Walnut Pieces

Combine sugar, vinegar, water and salt; stir until sugar dissolves. Cook to light crack stage (265°). Pour over black walnuts on greased platter. When partially cool, fold edges toward center. When cool enough to handle, pull until light. Form in ropes; cool; break in pieces.

THE BRAZIL NUT STORY

Brazil nuts are truly a product of Brazil. The Brazil nut tree grows wild along the banks of the Amazon River and its tributaries. It loves hot, humid, rainy weather. Attempts to cultivate it in other parts of the world have not been successful.

In fact, there is only a handful of Brazil nut plantations. The cost and length of time involved in bringing a plantation into profitable production makes it a risky venture. The majority of the harvest is from wild trees. Thus, when one reads of the "Brazil nut production", this is only those which are harvested, rather than those which are available for harvest. There are vast regions of the Amazon basin loaded with Brazil nut trees left untouched because they're too hard to get to.

The Brazil nut tree is a magnificent specimen. It rises 100 - 150 feet above the Amazon floor and towers over the rest of the jungle growth. Because of the denseness of the rain forest, branches do not grow near the bottom. The fruit of the trees is a large, woody shelled capsule, resembling a coconut without its husk. Inside this outer shell is a hard pod. This pod contains from 12 to 20 nuts, arranged like the segments of an orange and held in place by a fibrous growth.

Harvest of Brazil nuts is from November to June and is done by laborers called caboclo. The caboclo gathers the pods in baskets and carries them to trading posts. As long as the price is high enough, he will gather the nuts but, if the price falls, he will leave the nuts on the ground and move on to other work, such as rubber harvesting.

The caboclo makes it a point not to be under the trees during rain and high winds. The Brazil nut pods, weighing 2 - 4 pounds and dropping from such a great height, fall at speeds up to 1,000 feet per minute.

The shelling operation is a largely manual one. The nuts are soaked for 24 hours, then put in boiling water for 3 - 5 minutes to soften the shell. Cracking machines are hand operated and resemble a home bottle capper. In some small plants, a piece of iron or a wooden club suffices. The shells and bad kernels are used for fuel to dry the nuts. Workers are paid a piece rate and they attain amazingly fast speeds.

The food value of Brazil nuts is high compared to that of other fruits and nuts. It is surpassed only by pecans and walnuts.

Recipes using Sunnyland Brazil Nuts

ACORN SQUASH WITH SPICED BRAZIL NUT FILLING

3 acorn squash **2 Tbsp. flour**
1/2 tsp. cinnamon **1/4 tsp. nutmeg**
1/4 cup sugar **1/4 tsp. salt**
3/4 cup Sunnyland Brazil Nuts, chopped
1 Tbsp. grated orange rind
3 Tbsp. butter

Cut acorn squash in half lengthwise; scrape out seeds and stringy portions. Put dry ingredients, nuts and grated rind into mixing bowl. Cut in butter until mixture resembles coarse meal. Place squash halves in baking pan and fill with crumbly mixture. Set the bottom of the baking pan in hot water; cover and bake at 375° for 30 minutes; then uncover and bake 30 minutes longer. Yield: 6 servings.

• To shave or chop your Sunnyland Brazil nuts, warm them slightly in a 300° oven 5 minutes to soften before cutting or shaving. Use a sharp kitchen knife to chop. Shave lengthwise with a vegetable slicer. These slices will curl. To toast, put the slices in a 350° oven for about 12 min. Serve as a garnish for cream soups, chicken salad, fruit cocktail, cream pies.

BANANA-BRAZIL CAKE

Brazil nuts add a real taste treat to an old favorite, Banana Cake

1/2 cup butter **1-1/2 cups sugar**
2 eggs **3/4 cup mashed bananas**
2 cups flour, sifted **3/4 tsp. baking soda**
1/2 tsp. salt **1/4 tsp. baking powder**
1/4 cup buttermilk
2 tsp. vanilla, divided
3/4 cup Sunnyland Brazil Nuts, chopped
2 tsp. powdered sugar
2 cups whipping cream, whipped

In large bowl, cream butter and sugar. add eggs to butter mixture one at at time, beating thoroughly after each addition. Stir in bananas. Sift together flour, baking powder, baking soda and salt. To banana mixture, add sifted dry ingredients alternately with buttermilk. Stir in 1 tsp. vanilla and nuts. Pour batter into two buttered 9" pans. Bake at 350° for 30 to 35 minutes. Remove from pans and cool. Blend powdered sugar and remaining vanilla into whipped cream and frost layers. Yield: 8 servings.

TRY... Pears stuffed with cream cheese and shaved Sunnyland Brazil Nuts.

THE CASHEW STORY

Cashews are all imported, either from India or Brazil. The cashew is a tropical tree. It won't stand any frost.

The Cashew tree is native to Brazil. Portuguese explorers carried cashews from that country to India in the 16th century. It proved highly adapted to Southern India and East Africa. Today this region produces much larger crops than Brazil.

Cashews are the most popular snack nut in the United States, after peanuts. Last year we imported about 100 million pounds of cashew nut meats, an amount very close to our total production of pecans.

The cashew tree is a large, spreading tree, attaining a height of 30-50 feet. It requires a minimum of attention and can exist in many different types of soil. It grows at sea level on beaches and as high as 3,000 feet on mountain sides. The cashew thrives in areas with rainfall as high as 150 inches a year and as low as 20 inches a year. In India, the main crop is harvested in March and April. In Brazil the harvest is mostly in November and December.

The cashew is kin to the mango. Its fruit is a red or yellow "apple" vaguely resembling the mango. The cashew nut itself is attached to the bottom of this fruit. The "apple" itself is a highly prized food item in Brazil and India. It does not ship well, however, and must be consumed within 24 hours of harvest, so we in this country never have the opportunity to enjoy it.

Cashews are shelled before export. The shell itself is then processed to recover a highly valuable but caustic liquid. This liquid is used for making medicines, as an ingredient in resins and other industrial products. More than 250 patents have been issued covering products made from this valuable by-product.

Toasted and salted cashews are one of the best tasting nuts you'll find. They are marvelous in recipes too, as the Chinese discovered long ago. Try some of the recipes below for new and delightful meals.

Recipes using Sunnyland Cashews

CASHEW SHRIMP SUPREME

1 lb. medium shrimp, peeled and deveined
1 Tbsp. + 1 tsp. cornstarch
1/4 tsp. sugar **1/4 tsp. baking soda**
1/4 tsp. salt **1/8 tsp. pepper**
1/2 cup vegetable oil
1/2 cup onion, chopped
1/4 cup sweet red pepper, chopped
1 small clove garlic, minced
1 cup unpeeled zucchini, chopped
3-1/2 cups cooked rice
3/4 cup Sunnyland Toasted/Salted Cashews, coarsely chopped
Sweet red pepper rings for garnish

Cut shrimp in half lengthwise. Combine next 5 ingredients; mix well. Add shrimp; toss gently to coat. Let stand 15 minutes. Heat oil in a large skillet; add shrimp. Cook, stirring constantly, 2 to 3 minutes. Remove shrimp and set aside. Drain off drippings, reserving 2 Tbsp. in skillet. Add onion, red pepper and garlic to skillet; sauté until tender. Add zucchini and sauté 2 minutes more. Stir in shrimp mixture, rice and cashews; cook over low heat, stirring constantly, until thoroughly heated. Spoon into serving dish. Garnish with red pepper rings. Yield: 4 servings.

PEACH 'N' CASHEW STUFFED CHICKEN BREASTS

This is a dish to cook for special occasion dinners

6 small whole fryer chicken breasts, boned
1-1/2 tsp. salt, divided
1/8 tsp. pepper
3 fresh peaches, peeled and cut into, small pieces
1/2 cup onion, chopped
1/2 cup Sunnyland Toasted/Salted Cashews, coarsely chopped
1/2 tsp. ginger
1/4 cup butter or margarine

Pound chicken breasts between two pieces of foil to flatten. Sprinkle 1 tsp. salt and all the pepper on the inside of the chicken breasts. Prepare filling by mixing peaches, remaining salt, onion, cashews and ginger. Place 1/4 cup filling in center of each chicken breast. Fold sides over filling and fasten with wooden picks or small skewers. Place butter in foil-lined 13" × 9" × 2" pan. Melt in 375° oven. Place chicken breasts, top side down, in melted butter. Bake 25 minutes, turn and bake 20 minutes longer. Yield: 6 servings.

• Recipes Using Sunnyland Cashews (continued) •

FISH FILLETS WITH CASHEW SAUCE

3 lb. white fish fillets
Vegetable or chicken broth

Over medium-low heat simmer fish in broth to cover 8 min. or until fish flakes. Remove to a warm platter. Spoon cashew sauce over fish. Sprinkle lightly with dill. Yield: 6 servings.

Cashew Sauce

1/4 lb. butter **1 Tbsp. sherry**
1 Tbsp. lemon juice **1 Tbsp. soy sauce**
3/4 cup Sunnyland Toasted/Salted Cashews

Melt butter in skillet, add sherry, soy sauce, lemon juice; turn up heat and stir; when mixture foams, add cashews; heat to foamy stage again, stirring continuously.

HOT TURKEY STUFFED TOMATOES

6 to 8 large tomatoes
2 Tbsp. flour **1/8 tsp. pepper**
2/3 cup undiluted evaporated milk
1/4 cup water
3 cups diced cooked turkey
1/2 cup Sunnyland Toasted/Salted Cashews, chopped
1/2 cup celery, chopped
1/4 cup green onion, chopped
1/4 tsp. dry marjoram
1/4 tsp. dry basil

Cut tops off tomatoes. Scoop out pulp and seeds. Turn tomatoes upside down to drain.

Combine flour and pepper in medium saucepan. Gradually stir in milk and water. Cook over medium heat, stirring constantly, just until mixture comes to a boil and thickens.

Add turkey, cashews, celery, onion, marjoram and basil. Heat, stirring constantly, just until mixture is heated through. Spoon into tomato shells. Place in 12" × 7-1/2" × 2" baking dish. Bake at 325° for 15 to 20 minutes, or until heated through. Yield: 6 to 8 servings.

BROCCOLI WITH CASHEW NUTS

2 Tbsp. butter **2 Tbsp. onions, minced**
1 cup sour cream **2 Tbsp. sugar**
1 Tsp. vinegar **1/2 tsp. poppy seeds**
1/4 tsp. salt **1/2 tsp. paprika**
2 pkgs. frozen broccoli tips, cooked
1 cup Sunnyland Toasted/Salted Cashews, chopped

Cook onion in butter until soft; remove from heat and stir in sour cream, sugar, vinegar and seasonings. Pour over cooked broccoli and sprinkle nuts on top. Serve hot. Yield: 6 to 8 servings.

NUTTY BROCCOLI SALAD

1 (10 oz.) pkg. frozen chopped broccoli, thawed
2 cups diced cooked chicken
1/4 cup Sunnyland Toasted/Salted Cashews, chopped
2 tsp. lemon juice
3/4 cup mayonnaise
1/4 cup Russian dressing
6 lettuce leaves
1 (2oz.) jar sliced pimientos, drained

Thoroughly drain broccoli and place in medium-size bowl. Add chicken, cashews, lemon juice, mayonnaise and Russian dressing to bowl and mix well. Spoon mixture over lettuce and garnish with sliced pimientos. Yield: 6 servings.

CASHEW DROP COOKIES

1 Tbsp. vanilla extract
1 cup butter or margarine
1 cup sugar
1/2 cup Sunnyland Toasted/Salted Cashews, chopped
1 egg **2 cups flour**
4 dozen Sunnyland Toasted/Salted Cashews for topping

Blend together the first two ingredients, gradually add sugar; blend thoroughly. Beat in egg; stir in chopped cashews. Gradually stir in flour. Drop from teaspoon onto greased cookie sheet 2" apart. Top each with a cashew nut. Bake at 375° for about 7 minutes or until cookies brown around edges. Yield: 4 dozen cookies.

COCONUT CRUNCH TORTE

1 cup flaked coconut
1/2 cup graham cracker crumbs
1/3 cup Sunnyland Toasted/Salted Cashews, chopped
4 egg whites **1 tsp. vanilla**
1/2 tsp. salt **1 cup sugar**
Frozen whipped dessert topping, thawed or vanilla ice cream
Sunnyland Toasted/Salted Cashews, for garnish

In a small bowl combine coconut, graham cracker crumbs and cashews. Set aside. In a large bowl beat egg whites until soft peaks form; fold in vanilla and salt. Add sugar, a tablespoon at a time, beating until stiff peaks form. Fold in coconut mixture. Spread in a well greased 9" pie plate. Bake at 350° for 30 to 35 min. or until lightly browned. Remove to a wire rack; cool completely. To serve, cut torte in wedges and top with whipped topping or vanilla ice cream. Garnish with additional cashews. Yield: 6 to 8 servings.

CASHEW NUTS AND BEANS

Sauté 1/4 cup chopped cashew nuts in 2 Tbsp. butter until golden brown. Toss with cooked green beans.

THE DATE STORY

Dates first came to the United States with the Spanish missionaries in the 18th century. But it wasn't until the early 20th century that true commercial production began. About 1910, farmers in the Coachella Valley discovered that they had the ideal combination of soil, climate and moisture to grow these magnificent palms.

In 1912 the first offshoots arrived from Algeria. In 1913, whole freight carloads of offshoots were brought in and sold for $2.76 each. (Remember, this was before Henry Ford raised the pay of auto workers to the then unheard-of-level of $5.00 per day!) Today nearly all of the dates grown in America come from the Coachella Valley.

Medjhul dates came to the Valley in 1927. Eleven trees were brought from a now-lost oasis in French Morocco. These huge, soft, delicious dates had been grown there for the royal family. They truly are a royal date.

Date Gardens are planted 30' × 30' and take 10 years to reach bearing age. Then, they may bear for 200 years and produce 300 or more pounds of fruit a year.

They like a hot, dry climate but they have an enormous thirst. Growers must apply 8 to 20 feet of water a year. Date palms "like their feet in water and their heads in the sun."

Dates require cross-pollination, so one male tree is planted on each acre, and is given a harem of 49 females. Only female trees bear fruit.

Dates take more care than most any agricultural crop. Workers gather the pollen in Feb; then dust it on the bloom in April; they have to prune out dead fronds; tie down the fruit bunches; and "bag" the fruit. In the last operation, each of the 12 to 20 clusters of dates is covered with a paper bag to keep out insects, birds and dust, and to protect from rainstorms.

There are many varieties of dates, the Deglet Noor being the best known. Each year, we choose the date which is especially good that season, sometimes using the Deglet, sometimes the Halawi, sometimes another. And always the big, beautiful Sunnyland Medjhuls.

Often called "the candy that grows on trees", dates are a nutritious natural sweet that is surprisingly modest in calories. One normal date has only about 22 calories; a whole pound contains fewer calories than a loaf of bread.

Cooking with Sunnyland Dates

SPICED DATE BREAD PUDDING

This is a simple to make, unusually good, summer or winter dessert

2 cups milk, warmed
1/2 cup sugar **1/4 tsp. salt**
1 tsp. nutmeg, freshly grated
1/4 tsp. cinnamon **1 tsp. vanilla**
1/2 cup pineapple or other fruit juice

2 cups day-old bread, cubed
3/4 cup Sunnyland Dates, pitted and chopped
1/2 cup Sunnyland Small Pecan Pieces
3 eggs, beaten

Mix together first 7 ingredients and pour over bread; soak for 10 minutes. Lightly stir in dates, nuts and eggs. Bake the pudding in a greased baking dish set in a pan of hot water at 350° for about 1 hour. Serve it hot or very cold with hard sauce or cream. Yield: 6 servings.

DATE CAKE

1-2/3 cups flour
1 cup sugar **1 tsp. soda**
1/2 tsp. salt **1 cup water**
1/4 cup shortening **1 egg**
1 tsp. vanilla
1 cup Sunnyland Dates, chopped
1/2 cup Sunnyland Small Pecan Pieces

Grease and flour 9" × 9" × 2" baking pan. Measure all ingredients into a large mixing bowl. Blend 1/2 minute on low speed, scraping the bowl constantly. Beat 3 minutes on high speed, scraping occasionally. Pour into the pan; sprinkle Chocolate Chip-Nut Topping on batter. Bake at 350° 45 to 50 minutes or until a wooden pick inserted in center comes out clean.

Chocolate Chip-Nut Topping

Mix 1/2 cup semi-sweet chocolate pieces, 2 Tbsp. sugar and 1/2 cup finely chopped Sunnyland Pecan Pieces.

DATE CAKE WITH BLACK WALNUTS

1 1/2 cups sugar **1 cup salad oil**
3 eggs
2 cups flour **1 tsp. salt**
1 tsp. soda **1 tsp. nutmeg**
1 tsp cinnamon **1 tsp. allspice**
1 cup buttermilk **1 tsp. vanilla**
1 cup Sunnyland Dates, chopped
1 cup Sunnyland Black Walnut Pieces

Beat sugar, oil and eggs until smooth. Sift together flour, salt, soda and spices. Add to egg mixture alternately with buttermilk, vanilla, dates and nuts which have been mixed together. Pour into greased 9" × 13" × 2" pan. Bake at 300° for 55 to 60 min.

THE FIG STORY

Did Eve really wear a fig leaf? Nobody really knows, of course. But we do know the fig goes back a long, long way. It has been a dooryard tree for countless generations.

"Beneath the vine and the fig tree" is an expression found often in the Old Testament as a synonym for "home". The hardy fig tree grows most anywhere, in poor soil or rich, and requires a minimum of care. A relative of the fig, the rubber plant, even found its way inside the house as an ornamental.

A native of the eastern Mediterranean, the fig spread rapidly over the known world. When dried, its high nutrition and delightful taste made it an ideal food to carry on the caravans that have criss-crossed this region since man's earliest days. Drawings of figs and fig trees are found in the oldest Egyptian pyramids.

The Franciscan Padres brought Mission figs to the New World about 1760. They planted trees around their Missions along the Pacific Coast from Mexico to Oregon. The tasty deep-purple, succulent fruit we enjoy today is a direct descendant of these early plantings, virtually unchanged.

About 100 years ago, growers brought in cuttings from Turkey of the Smyrna variety. These figs are larger than Missions, are an amber or ivory color, and have well-developed seeds. The growers dubbed these figs "Calimyrnas". In all respects except name, they are identical to the Turkish Smyrna.

Most fig trees make their fruit without pollination. However, the Calimyrna is an exception to this rule. When planting an orchard of Calimyrnas, growers nclude several wild fig trees. These wild trees harbor a "fig wasp". At egg-laying time the female of this insect leaves the wild tree to find a flower in which to deposit her eggs. In leaving her body has become covered with the pollen of the wild tree. She lights on the flower of the Calimyrna, but doesn't like it, and leaves. Meanwhile, she has left pollen on the Calimyrna flower and it has been fertilized.

Both the Sunnyland Mission and the Sunnyland Calimyrna are equally delicious eaten "as is" or used in many favorite recipes.

Recipes using Sunnyland Figs

FIG SPICE CAKE

Unusual and delicious

2 cups finely chopped Sunnyland Figs, (stewed)
1/2 cup fig juice (reserved from stewing)
1/2 cup sour milk
1 cup sugar **1/2 cup butter**
2 eggs
1 tsp. baking powder **2 cups flour**
1/2 tsp. cinnamon **1 tsp. salt**
1/2 tsp. baking soda **1/4 tsp.ground cloves**
1/2 cup Sunnyland Small Pecan Pieces
1/2 cup Sunnyland Raisins
1 tsp. vanilla

Combine fig juice and sour milk. Set aside. Beat butter until soft; add sugar gradually; blend until light and creamy. Beat in eggs one at a time. Sift dry ingredients together; add to the butter mixture alternately with the milk and fig juice. Beat the batter after each addition until it is smooth. Add the figs, vanilla, pecans and raisins. Pour into a greased 9" tube pan or an 8" × 10" pan. Bake at 350° for about 50 minutes. When cool, spread with your favorite chocolate or mocha icing.

FIG BARS

1/2 cup shortening **1 cup sugar**
1 egg **1/4 tsp. salt**
2 1/2 cups flour **1 tsp. baking powder**
1/2 tsp. soda **1/2 cup buttermilk**
1/2 tsp. vanilla extract

Cream shortening and sugar throughly; add egg and beat well. Sift flour, salt, soda and baking powder; add alternately with milk and vanilla. Mix thoroughly. Roll on lightly floured surface to 1/8-inch thickness. Cut into long strips 3-inches wide. Spread half the strips with Fig Filling and cover each with another strip. Press edges together, cut strips into 2-inch sections and place on greased baking sheet. Bake at 350° about 20 minutes.

Fig Filling

1 cup Sunnyland Dried Figs, chopped
Grated rind of a lemon
1 cup boiling water
1/2 cup sugar **2 Tbsp. flour**

Add figs and lemon rind to boiling water. Blend sugar and flour thoroughly; slowly add water mixture stirring to keep smooth. Cook 5 minutes. Cool before using.

SWEET FIGS

4 cups water **1-1/2 cups sugar**
Dash of ginger **Dash of cinnamon**
2 cups of Sunnyland Dried Figs
Juice of 1 orange and 1/2 lemon
1/2 cup Sunnyland Small Pecan Pieces

Combine water and sugar. Add the spices and figs. Cook 10 to 15 minutes until the syrup water has thickened. Add the fruit juices and remove from heat. Chill. When ready to serve, spoon into dessert dishes and top with pecan pieces. Yield 4 to 6 servings.

THE HAZELNUT STORY

The hazelnut (also known as filbert), the ancient Chinese tell us, is one of the five sacred nourishments God bestowed on human beings. The Chinese have cultivated hazelnuts continuously since receiving this "sacred nourishment" more than 4,500 years ago.

A Greek physician, Dioscorides, who lived about 150 A.D. reported:

"It cures chronic coughing if pounded hazelnuts are eaten with honey."

"Cooked hazelnuts mixed with black pepper cures the cold."

"If the ointment produced by mashing burnt hazelnut shells in suet is smeared on the head where hair does not grow . . . hair will come again."

Well, hazelnuts may not work that well today as a cure for colds or baldness, but they are a delightful nut — and one not fully appreciated by Americans. We eat an average of only a couple of ounces a year. West Germans, on the other hand, eat about 2-1/2 lbs. per person. Hazelnuts must be good with beer!

In any event, they are a good source of protein and B vitamins. Also several minerals and vitamin C, as well as vitamin E.

Hazelnuts are a member of the birch family. Wild Hazelnuts grow as a low shrub or bush over much of eastern and northern U.S. The nuts of the wild bushes are usually quite small and not worth much commercially. Most U.S. hazelnut plantings are in the Willamette River Valley of Oregon. The first sizable planting was made in 1876 by a Frenchman named David Gernot. He planted seed for 50 trees along a fence row. At last report, 49 of them were still alive and well.

Turkey is the largest producing country in the world, with West Germany the largest user, followed by England. No traditional English Christmas feast is complete without hazelnuts and figs.

Storage of hazelnuts is much simpler than for other nuts. They will stay in good condition for many months at cool room temperature (70°F.) and can keep up to 2 years in a home refrigerator.

Recipes using Sunnyland Hazelnuts

HAZELNUT POTATO BASKETS

6 medium sweet potatoes
4 oranges **1/3 cup brown sugar**
3 Tbsp. butter, melted **1/4 tsp. mace**
1/4 tsp. salt **Few grains pepper**
3/4 cup Sunnyland Toasted/Salted Hazelnuts, chopped

Boil potatoes in skins in salted water until tender. Drain, peel and cut into quarters. Half oranges and squeeze 1/4 cup juice. Add juice to potatoes and whip until fluffy. Remove pulp from orange shells and set shells aside. Add butter, sugar, mace, salt, pepper and hazelnuts to whipped potatoes and blend well. Spoon mixture into orange shells. Bake at 350° for 20 to 25 minutes until thoroughly heated.

CRANBERRY HAZELNUT FRUITCAKE

1-1/2 cups Sunnyland Dates, pitted/chopped
1-1/2 cups Sunnyland Toasted/Salted Hazelnuts, coarsely chopped
1 cup Sunnyland English Walnut Pieces
1 1/2 cup fresh or frozen cranberries, coarsley chopped
3/4 cup sugar **3/4 cup flour**
1/2 tsp. baking powder **1/2 tsp. salt**
1/2 tsp. ground mace
3 eggs **1 tsp. vanilla**
1/4 cup sweet red wine

In a large mixing bowl combine dates, hazelnuts, walnuts and cranberries. Stir together all dry ingredients. Beat eggs with vanilla until foamy. Combine with flour mixture. Pour over fruit mixture, stirring to mix well. Turn into greased brown-paper-lined 9" × 5" × 3" loaf pan. Cover with foil. Bake at 300° for 20 minutes. Remove foil. Bake 1 hour 40 minutes more. Cool in pan. Remove and wrap in wine-moistened cheesecloth. Overwrap in foil. Store at least 1 week in refrigerator before cutting. Do not remoisten.

HAZELNUT BUTTER BALLS

1 cup butter
4 heaping Tbsp. confectioners sugar
1 Tbsp. water **1 tsp. vanilla**
2 cup flour **1/2 tsp. salt**
1-1/2 cups Sunnyland Hazelnuts, ground
Confectioners sugar to coat balls

Cream butter and sugar; stir in water and vanilla; combine flour, salt and Hazelnuts; mix thoroughly. Form into balls. Bake at 350° for 15 to 20 minutes. When cool roll in confectioners sugar.

To blanch hazelnuts: Spread in shallow pan. Toast in 350° oven for 10 min. or until the skins crack. In saucepan, cover with boiling water and let stand for 2 minutes. Drain. Rub nuts with rough towel to remove skins.

THE MACADAMIA STORY

What do koala bears, Crocodile Dundee and macadamia nuts have in common? Well, one thing is that all are native to Australia. The macadamia grows wild in the coastal forests of Queensland and New South Wales. It is the only native Australian plant ever developed into a commercial food crop.

Aborigines had used macadamias as a food source for years, much as American Indians used pecans. The plant was first described in writing by Baron Ferdinand von Mueller, Australia's foremost botanist, about 1857. He named it "Macadamia Ternifolia" to honor his friend, Dr John MacAdam. The story is told that Dr. MacAdam never saw a macadamia tree, nor ate a macadamia nut.

In 1858, Walter Hill undertook to cultivate macadamia trees under garden conditions at the Botanic Garden in Brisbane. He hired a young lad to shell some nuts for planting. Aborigines had told the English settlers that macadamia nuts were poisonous. Hill was therefore horrified when he saw his young assistant eating the nuts and apparently relishing them. A few days later, when the boy had shown no ill effects, Hill himself tried some nuts, found how delicious they are and began singing their praises to his friends and fellow workers. Thus was born the commercial macadamia industry.

The first tree he planted is still living and producing fruit 140 years later.

Macadamias found a new home in Hawaii in 1882. William Purvis planted seed nuts near Kukuiahaele on the Big Island. One of his trees is still alive and bearing fruit.

The Big Island proved to be a very hospitable site. The volcanic lava soil which flowed down the hillsides of the island of Hawaii many years ago seems to be ideal. Sunnyland macadamias come from these volcanic hillsides, from one of the handful of growers who take "Sunnyland-type" care of their marvelous macadamias.

Growing in tropical conditions, the macadamia tree stays green all year. Its fruit ripens over a period of several months, much like oranges and grapefruit. This long ripening season makes for problems in harvesting. Growers must wait until the nuts fall from the trees. Once on the ground, the nuts must be harvested within a few days or they turn dark. This means that several harvests are required of each tree each season.

A few years ago, growers began offering small packages of roasted macadamias at bargain prices to the airlines. Flight attendants passed them out along with the beverages. Pretty soon thousands of people were saying, "Where can we get more of these great tasting nuts?" Very smart merchandising.

Recipes using Sunnyland Macadamias

CHICKEN TAHITIAN

1 Tbsp. flour **6 chicken breasts**
1 (6 oz.) can frozen pineapple-orange juice concentrate, partially thawed
1 tsp. soy sauce **1 tsp. ginger**
1 avocado, peeled and sliced
1 tsp. lime juice **4 cups warm cooked rice**
1/2 cup Sunnyland Macadamia Nuts, coarsely chopped
Lime slices for garnish

Shake flour in 10" × 16" Brown-in-Bag; place chicken in bag. Combine pineapple-orange juice concentrate, soy sauce and ginger; spoon over chicken. Close bag with twist tie; make six 1/2" slits in top. Bake at 325° for 50 to 60 min. Place the rice onto a serving platter; arrange the chicken and avocado slices on top and moisten with the liquid from the bag. Sprinkle with nuts. Garnish with lime slices. Yield: 6 servings.

MOCHA MACADAMIA CREME

1/3 cup sugar **2 1/2 Tbsp. cornstarch**
1 Tbsp. unsweetened cocoa
3/4 cup milk **3/4 cup cold strong coffee**
2 egg yolks, lightly beaten
1/3 cup macadamias, chopped/divided
1 tsp. pure vanilla extract **Whipped cream**

Combine sugar, cornstarch and cocoa in saucepan. Add milk, coffee and egg yolks; beat well with a wire whisk. Bring mixture to a boil over medium-low heat and boil one minute stirring constantly. Remove from heat. Reserving 1 teaspoon of macadamias for garnish, add remaining nuts and vanilla to chocolate mixture; mix well. Spoon into 4 dessert glasses. Refrigerate until chilled. Top with whipped cream; garnish with reserved macadamias. Yield: 4 servings.

MACADAMIA BUTTER CRISPS

1 cup butter or margarine **1 cup sugar**
1 egg, separated **2 cups flour**
3/4 tsp. nutmeg **1/8 tsp. salt**
1/2 cup Sunnyland Macadamia Nuts, chopped

Cream together butter and sugar until light and fluffy. Add egg yolk and beat. Sift together flour, nutmeg and salt. Add to creamed mixture; mix thoroughly. Dough will be very stiff. Pat dough out evenly in a lightly greased 15" × 10" jellyroll pan. Beat egg white slightly, pour evenly over dough. Sprinkle nuts over dough and press in lightly. Bake at 275° for 1 hour. Cut into 1-1/2" squares while hot. Cool in pan. Yield: 5 dozen squares.

THE PECAN MEAL STORY

What is Pecan Meal?

When we shell pecans, not every nut produces the big fat halves or bright pieces that we send in our individual boxes. Some are small nuts, some a darker color, some are not quite filled out.

These nuts are separated out in the shelling plant.

We then put these pecans through a machine known as a "piece breaker". This machine breaks the nuts into relatively uniform size pieces (the fruit cake makers like big pieces, the ice cream companies fairly small pieces). In the breaking process, tiny pieces are chipped off the larger ones.

The pieces are then sized. The tiniest ones fall through the smallest screen. This is meal. Pure pecan - the same value nutritionally as the finest half - just very, very tiny pieces.

Nutritional Value of Meal

Pecan Meal is a natural food high in vitamins, proteins, carbohydrates and fat. The oil (fat) of pecans is 95% unsaturated, and most is mono-unsaturated, (the kind of fat reasearchers now think helps the body produce "good" HDL.)

Pecans are an excellent source of many of the B-complex vitamins, particularly Vitamin B-6. Meal adds quality to any diet in which it is included.

Storage Instructions

Low-temperature storage is important in maintaining the quality of any pecan. It is especially important with meal. Store in the freezer unit of your refrigerator and your meal will keep for several months. Storage in the regular part of a home refrigerator is all right for a few weeks. Meal, like other pecans, may be frozen and refrozen without harm.

Recipes using Sunnyland Pecan Meal

MYSTERY DIP

Dried beef and pecans? That's the mystery!

1/4 cup dried beef, chopped fine
1 (3 oz.) pkg. cream cheese, softened
1/2 cup sour cream
1 Tbsp. instant minced onion
1 Tbsp. green pepper, chopped
1/2 cup Sunnyland Pecan Meal
Dash pepper

Mix all ingredients together well. Serve in small bowl surrounded with potato chips or corn chips.

PECAN-COOKIE PIE CRUST

Especially good with your ice box pie recipes

1 cup vanilla wafer crumbs or graham cracker crumbs
1/2 cup Sunnyland Pecan Meal
1/2 cup butter, softened

Mix ingredients thoroughly; press into a 9" pie pan. To make a firm shape, press down briefly with another pie pan of a similar size. Bake for 7 minutes at 375°.

RHUBARB BREAD

1-1/2 cups brown sugar
2/3 cup butter, melted **1 egg**
1 cup sour cream
1-1/2 tsp. baking soda
2-1/2 cups flour **1 tsp. salt**
1-1/2 cups raw rhubarb, cut in small pieces
1 tsp. vanilla
1/2 cup Sunnyland Pecan Meal

In large bowl, mix together brown sugar, melted butter, egg, sour cream and baking soda. Sift together flour and salt; add to brown sugar mixture; blend well. Combine rhubarb, vanilla and pecan meal. Fold into mixture. Put batter in two buttered 9" × 5" × 3" loaf pans. Sprinkle with topping. Bake in 350° oven for 45 minutes.

Topping

1/3 cup sugar **1/2 tsp. cinnamon**
1/4 cup Sunnyland Pecan Meal
2 Tbsp. butter

Blend together dry ingredients; cut in butter until consistency of coarse meal. Sprinkle over batter.

PECAN COOKIE STRIPS

Rich and Crispy

5-1/4 cups Sunnyland Pecan Meal
1 cup sugar
1 tsp. lemon juice
3 unbeaten egg whites
Confectioners sugar to dust board
1 egg white, stiffly beaten
3/4 cup confectioners sugar

Mix pecan meal and sugar. Add lemon juice and unbeaten egg whites. Knead this mixture until it sticks together. Pat out on a board dusted with confectioners sugar into a rectangle 3" wide and 1/2" thick. Beat egg white stiff. Gradually add 3/4 cup confectioners sugar. Spread this over nut mixture. Cut the dough in 1 1/2" × 3/4" strips keeping the knife moist by dipping in cool water as you cut. Lift onto well buttered cookie sheet. Bake at 225° for 20 minutes. Cool; store airtight. Yield: 6 dozen.

THE PISTACHIO STORY

The pistachio nut is one of the most elegant of all nuts, the name alone conjuring up visions of exotic and special food. The nuts grow on a small, 20-foot tall, deciduous tree, a species of turpentine. Native to western Asia and Asia Minor, they are now cultivated in all Mediterranean countries, plus California. In their natural state, the nuts come from the tree in a gummy husk which is removed by a special soaking process.

In 1965 archaeologists exploring a ruin of an ancient village in what is now the Hashemite Kingdom of Jordan discovered a cache of about 40 lb. of well-preserved pistachios. Carbon dating revealed them to be 8725 years old!

At the beginning of the Christian era, pistachios were introduced to Mediterranean Europe as green almonds. The Bible mentions them, and most historians agree that the "nuts of Jacob" which Joseph's brothers brought into Egypt were pistachio nuts.

The wonderful cooking of the Persians spread the fame of the nuts. The Greeks prized them; in the days of Plato, pistachios were used layered in special pates. The gorgeous Persian pilaus were studded with whole nuts, and some of the world's finest ice creams likewise contain whole pistachios.

Pistachio nuts were introduced into the United States through vending machines. The red nuts seen everywhere were first conceived by venders as colorful and appealing. The red (or green) dye also disguised the shell discoloration resulting from inadequate processing equipment in the countries of origin.

Historically, most of our pistachios came from Iran, with smaller quantities from Turkey. After the rise to power of the Ayatollah Khoumeni, trade with Iran, including pistachios, dropped off sharply.

Fortuitously, about 10 years before the hostage crisis, California farmers had started planting pistachio trees. These trees came into bearing just when our Iranian supply was cut off. There are now about 40,000 acres in production in the Golden State.

And, best of all, California nuts are bigger, more open, and easier to shell than the imported ones!

Prized for its looks, taste and texture, the pistachio nut has travelled far. It is equally at home in plebeian sausages and the elegant baklava pastry, beloved in the Middle East and now growing in popularity on the Continent, in England and in the United States. European sausage makers and those in the state of Wisconsin often use whole pistachios in various wursts and other sausages, especially liver sausage. The presence of pistachios immediately conveys a touch of elegance, and the fanciest of ice cream and pastry makers cherish the pistachio for its delicacy of taste and beauty of appearance.

The pistachio adds luster wherever it is used and our Sunnyland Farms pistachio is truly a nut of distinction.

We know everyone enjoys eating pistachios out of the shell as a nutritious snack. Now more and more folks are enjoying these nuts in fine recipes.

Recipes using Sunnyland Pistachios

PISTACHIO-RICE STUFFING

Delicious with roasted chicken

3 Tbsp. butter, divided
1/2 cup onion, chopped
1/2 cup scallion, chopped
1/2 tsp. rosemary **1 tsp. thyme**
1 tsp. tarragon
1 tsp. salt **1/2 tsp. pepper**
1/2 cup fresh parsley, chopped
2 Tbsp. dry sherry
1/2 cup shelled Sunnyland Pistachios, chopped
4 cups cooked rice

In large skillet melt 2 Tbsp. butter; sauté onion and scallion until limp. Add rest of butter, seasonings, sherry and pistachios. When well mixed, add rice. Cook over slow heat for 10 to 15 minutes stirring often until moisture is absorbed. Stuffs one 4 1/2 to 5 lb. hen.

PISTACHIO MARSHMALLOW WHIP

2 cup miniature marshmallows
1 cup canned diced pineapple, undrained
1 tsp. gelatin **2 Tbsp. cold water**
1/3 cup boiling water
1 cup whipping cream **1/4 cup sugar**
1/2 tsp. vanilla extract
1/4 tsp. almond extract
1/4 cup Sunnyland Slivered Almonds
1/4 cup shelled Sunnyland Pistachios, chopped

Mix marshmallows and undrained pineapple together; let stand one hour. Then add cold water to gelatin to moisten; add boiling water to dissolve. Stir into the pineapple mixture. Whip the cream. Fold in sugar, vanilla and almond extracts; then the pineapple mixture and nuts. Place in refrigerator trays and freeze.

THE PRUNE STORY

All prunes start out in life as plums. But not all plums make it to become prunes. Only those plum varieties which will "keep" at the most desired moisture level of 25 - 30° without fermenting are used for making prunes.

In antiquity, prune-plums grew in the Middle East. Nearly a thousand years ago, Palestinian travelers brought dried prunes with them to the southwest France city of Agen. They left the pits, of course, and the French soon began growing prunes.

More than 200 years passed before what we now call commercial production began. Once adequate supplies were available, the French greeted prunes with typical Gallic enthusiasm — an enthusiasm that continues to this day. One evidence: the winning jockey in the Grand Prix d'Andgouleme receives as a prize **Prunes d'Agen** equal to his weight!

Americans of the 19th century brought cuttings from these French trees to California and soon established the giant California prune industry. Today prunes grow from Bakersfield north all the way to the Oregon line. Production is 300 - 400,000,000 pounds a year.

Growers let the plums fully tree-ripen, then harvest the fruit by shaking the tree (same shaker as nut growers use) and allow the fruit to fall into a large canvas catching frame.

The fruit goes to the processing plant where it is washed and placed on large wooden trays to be dried. Drying takes place in a wind tunnel-like chamber where heated air flows over and through the trays. Moisture is brought down to 18 - 20%. Drying takes about 24 hours or a little less.

At this moisture level, prunes are too tough and dry for enjoyable eating. Therefore, shortly before shipment, prunes are "rehydrated" to about 30%. The resultant fruit is the one we buy for prunes, succulent and ready to eat.

(To prevent mold, the fruit at 30% moisture is treated with potassium sorbate. Sorbic acid is a polyunsaturated fatty acid chemically like those found naturally in a great many foods. It can be beneficial in maintaining the potassium level the human body needs.)

For people who follow Jewish dietary laws - prunes are a Kosher food.

Cooking with Sunnyland Prunes

FRUIT FILLED MEAT LOAF

1 lb. ground beef **1 lb. ground veal**
1/2 lb. ground pork **2 eggs, beaten**
2 Tbsp. onion, minced
1 Tbsp. parsley, chopped
1-1/2 tsp. salt **1/4 tsp. pepper**
1 cup dry bread crumbs
1 cup milk

Mix well all ingredients listed above. Place half of the mixture in a greased 5-1/2" × 9-1/2" loaf pan; cover with fruit filling; then remaining meat mixture. Unmold on shallow baking pan. Cover with foil. Bake at 350° for 1-1/2 hours removing foil the last 1/2 hour. Yield: 8 servings.

Fruit Filling

1 Tbsp. onion, minced
1/4 cup salad oil
2 cups soft bread crumbs
1/2 cup Sunnyland Prunes, stewed/chopped
1/2 cup diced apples **1/2 tsp. salt**
1 tsp. sage **1/4 tsp. thyme**
1 egg, beaten

Over low heat lightly brown onion in salad oil. Remove from heat; add bread crumbs, prunes, apple and seasonings. Mix well. Add egg; mix lightly with a fork.

PRUNE MUFFINS

2 cups flour **2 Tbsp. sugar**
1 Tbsp. baking powder **1/8 tsp. salt**
1 egg, slightly beaten **1 cup milk**
1/4 cup shortening, melted
3/4 cup Sunnyland Prunes, stewed well-drained and chopped

Combine flour, sugar, baking powder and salt. Combine egg, milk and shortening; add to dry ingredients; stir only until moistened. Fold in cooked prunes. Batter will be lumpy. Do not overbeat. Fill greased muffin pans 2/3 full. Bake at 425° for 20 to 25 minutes.
Yield: 10 to 12 muffins.

PRUNE UPSIDE-DOWN CAKE

3 Tbsp. shortening **1 cup brown sugar**
1/3 cup Sunnyland Pecan Pieces
2 cups Sunnyland Prunes, stewed
1 egg, well beaten **1 cup sugar**
1 cup flour **2 tsp. baking powder**
1/4 tsp. salt **1/2 cup prune juice**
1 tsp. vanilla extract **1/4 tsp. lemon extract**

Melt shortening in large frying pan with oven-proof handle. Spread the brown sugar evenly over this: then nuts and prunes. Set aside. Add sugar to egg; beat together until very light. Sift dry ingredients; add alternately with prune juice to egg and sugar mixture. Add flavorings. Cover the prune mixture in the pan with the batter. Bake at 375° for 40 minutes. Turn onto a large plate. To serve, slice in wedges and top with whipped cream or hard sauce. Yield: 10 servings.

THE RAISIN STORY

Raisins, the most widely enjoyed dried fruit of all, came into being because of a calamity of nature. Though man has grown grapes almost since he first settled down to farming, raisins have been known for only a little over a hundred years.

In the 1860's, when gold fever in California subsided, many former miners began farming the barren wastelands of central California. Through irrigation they turned the desert into a garden, and grapes were one of their mainstays.

In 1873, an unusual hot spell dried up the grape crop on the vines. Disaster in the form of financial ruin seemed at hand. One grower, unwilling to give up, shipped his dried grapes to San Francisco, promoting them as "Peruvian Delicacies". They proved to be a hit. The raisin industry was off and running.

This is a classic case of "sweet are the uses of adversity". Today the San Joaquin Valley produces a half-billion pounds of raisins annually!

Grapes are grown all over the world, but only a handful of sites can make raisins: Southern Spain, Greece, South Australia, Asia Minor. Fertile soil, plenty of irrigation water, and long rainless drying days are needed.

The bunches of vine-ripened grapes are cut and are spread on paper sheets on the ground between the vines, where they are left for three weeks or more. The grapes shrivel (4-1/2 pounds of grapes become 1 pound of raisins), turn brown, and get sweeter and sweeter. Next the clusters are stored in boxes for several days to equalize the moisture through the batch. Then they are washed, cleaned and packed for market.

To make Golden Raisins, on the other hand, grapes are picked early while still quite green and quickly dried in huge wind tunnels. They are then treated with sulfur dioxide to preserve their golden color and vine-fresh flavor.

Storage of raisins is simple. In the refrigerator is best up to four months. For long-term storage (four to eight months) use the freezer. Pack in poly bags or other tightly sealed containers so the raisins won't dry out.

Recipes using Sunnyland Raisins

HAM PITA-WICHES

1 (8 oz.) can sliced pineapple, drained and cut-up
1 (6-3/4 oz.) can chunk ham, chopped
3/4 cup tart apple, chopped
1/2 cup Sunnyland Raisins
1/4 cup Sunnyland Small English Walnut Pieces
1/3 cup plain yogurt
1 Tbsp. prepared mustard
1 Tbsp. honey
Dash ground cinnamon
Dash ground allspice
Dash ground cloves
3 large pita bread rounds, halved
Bean sprouts or shredded lettuce

In mixing bowl combine pineapple, ham, apple, raisins and walnuts. Stir together yogurt, mustard, honey, cinnamon, allspice and cloves. Fold dressing into ham mixture. Cover and chill. To serve, spoon about 1/2 cup ham mixture into each pita half. Top with sprouts or shredded lettuce. Yield: 6 servings.

RAISIN CASSEROLE BREAD

4 cups all-purpose flour
1-1/4 tsp. salt
1-1/2 tsp. soda
3/4 cup firmly packed dark brown sugar
1-1/4 cups Sunnyland Raisins
2 Tbsp. butter or margarine, melted
2 eggs, slightly beaten
1-1/2 cups buttermilk

In large bowl, mix together flour, salt, soda, sugar and raisins. Combine butter, eggs, buttermilk; add to flour mixture. Stir only until dry ingredients are moistened. Spoon into 2 greased 1-quart casseroles. Bake at 350° for 45 minutes. Turn out onto rack to cool. Yield: 2 loaves.

SOUR CREAM RAISIN PIE

2 eggs
1 cup sugar
1 cup sour cream
2 Tbsp. flour
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. ginger or ground cloves
1/2 cup Sunnyland Raisins, chopped
1/2 cup Sunnyland Macadamia Nuts, chopped
1 unbaked 9" pie crust

Beat eggs slightly. Add sugar and beat until blended. Gradually beat in sour cream. Sift together flour, salt and spices; add raisins and nuts. Blend with the sour cream mixture. Spoon into unbaked pie crust. Bake at 425° for 30 to 35 minutes or until the mixture is set and a knife inserted in the center comes out clean. Good served warm. Refrigerate to keep.

THE WILD RICE STORY

Wild Rice is a native North American food — along with turkey, pecans and corn. It grows in the cool, shallow lakes of northern Minnesota and Canada. Some of the finest rice we get comes from lakes more than 1000 miles north of the U.S.-Canada border.

American Indians depended on wild rice as a staple of their diet. Those tribes made regular stops along the shores of these lakes when the rice was ripening.

The Indians harvested rice by gliding their canoes among the plants, letting the seed heads lean into the canoe, and then gently tapping the heads with flailing sticks. The dislodged seed fell into the canoe. The same basic method is still used today.

Wild rice is a species of water grass rather than a true rice. The grain in many ways resembles oats more than it does rice. (But then rice, oats, wheat and corn are all members of the grass family.)

Farmers have learned to domesticate the crop. They build paddys, which they flood during the growing season. Come harvest time, they can drain the paddy and harvest the crop with modern grain combines - much cheaper than flailing the seed into a canoe. Wild lake rice, though, is longer, darker and plumper than paddy rice, which is why we prefer it.

After combining, the harvested greenish brown kernels are roasted to drive off excess moisture, to loosen the outer hull and to heighten the delicious nutty flavor. At this point, the grain is almost a black color. (When cooked it returns to the whitish color one associates with rice.)

Nutritionally, wild rice is near-ideal. High in complex carbohydrates, it also has 12 - 15% protein. It's very low (less than 1%) fat, and has NO cholesterol. It is much higher than other grains in riboflavin, thiamine and niacin.

Although more expensive to buy than ordinary rice, wild rice soaks up so much water in cooking (about three times its weight) that the cost per serving is quite affordable — less than a baked potato with sour cream.

HOW TO BOIL SUNNYLAND WILD RICE

1 cup Sunnyland Wild Rice (8 oz.)
3 cups water **Salt to taste**

Wash rice well; drain. Bring water to boil. Stir in rice and salt. Reduce heat, cover and simmer 45 - 50 minutes until liquid is absorbed and rice is tender.

Cooking with Sunnyland Wild Rice

WILD RICE & GROUND BEEF CASSEROLE

1 cup uncooked Sunnyland Wild Rice
1 lb. lean ground beef
1 (4 oz.) can mushrooms, undrained
1 can cream of mushroom soup
1 can cream of celery soup
1 soup can water
1/2 cup celery, diced
1/2 cup onion, diced
1 tsp. salt
Dash pepper
1/4 cup Parmesan cheese (for topping)

Wash, soak and drain wild rice. Blend together in 2-quart casserole all ingredients, except cheese. Top with Parmesan cheese. Cover and bake at 325° for 2 hours. Serves 10.

WILD RICE SIDE DISH

1 cup Sunnyland Wild Rice, uncooked
1/4 cup vegetable oil
1 Tbsp. onion, finely chopped
1 Tbsp. parsley, finely chopped
1 Tbsp. chives, finely chopped
1 Tbsp. green pepper, finely chopped
1/2 lb. fresh mushrooms, sliced
Salt and pepper to taste

Cook rice as above. Set aside. Sauté onion, parsley, chives, green pepper in oil for 3 to 5 minutes. Add mushrooms; cook for 5 minutes more. Season with salt and pepper; stir this mixture into rice. Serves 4 to 8.

WILD RICE AND ZUCCHINI

1 cup Sunnyland Wild Rice, uncooked
1/2 lb. bacon, cubed and browned
2 medium zucchini, sliced
1 medium onion, chopped
1 medium green pepper, chopped
2 ribs of celery, chopped
1 can celery soup
1 can mushroom soup
1 tsp. soy sauce
1 can whole tomatoes (optional)

Cook wild rice as above. Brown meat. Combine meat, cooked rice, zucchini, onion, green pepper, celery, soups and soy sauce. Add tomatoes if desired. Bake 1 hour at 325°.

A game dinner is most elegant when you include our Wild Rice on the menu.

CONGEALED WALDORF SALAD

2 cups apple cider, divided
1 (3 oz.) pkg. lemon-flavored gelatin
1 large apple, unpeeled, finely chopped
1/4 cup celery, finely chopped
1/4 cup Sunnyland Small Pecan Pieces
Lettuce leaves
Mayonnaise

Bring 1 cup cider to a boil; add gelatin; stir until dissolved. Stir in remaining cider. Chill until consistency of unbeaten egg white. Fold in apple, celery and pecans. Pour into a 1-quart mold; chill until set. Unmold on a lettuce-lined plate; top with a dollop of mayonnaise. Yield: 6 servings.

PINEAPPLE CREAM MOLD

2 (3 oz.) pkgs. lemon flavored gelatin
2 cups hot water
1 (1 lb. 4 oz.) can crushed pineapple
2 cups sour cream
1/2 cup Sunnyland Black Walnut Pieces

Dissolve gelatin in hot water. Cool slightly; add rest of ingredients. Pour into 1-1/2 quart ring mold or 10 individual cups; let stand overnight. This salad may be dressed up by adding additional fruits around the ring after it is unmolded.

PECAN FRENCH DRESSING

For all your fruit salads. . .

1/4 tsp. salt
1 tsp. sugar
1/2 cup salad oil
1/4 cup orange juice
1 Tbsp. lemon juice
1/2 cup Sunnyland Small Pecan Pieces

Place all ingredients in a screw-top jar. Close tightly; shake until mixture is well blended. Serve with fruit salad. Yield: 1 cup.

ORIENTAL SALAD

1 (3 oz.) pkg. cream cheese, softened
3 Tbsp. mayonnaise
Dash salt
1 cup heavy cream, whipped
1/4 cup kumquats, chopped
1/4 cup Sunnyland Dates, pitted and chopped
1/4 cup maraschino cherries, chopped
1/4 cup crushed pineapple
1 Tbsp. preserved ginger, finely chopped
1/2 cup Sunnyland Slivered Almonds, chopped

Blend cheese and mayonnaise. Add salt; fold in whipped cream, fruits and ginger. Pour into refrigerator tray. Sprinkle almonds over top. Freeze till firm. Cut in squares; serve on lettuce. Yield: 8 servings.

NUTTY BEET SALAD

A pretty and snappy salad

1 (16 oz.) jar sliced pickled beets
1 (3 oz.) pkg. mixed fruit-flavored gelatin
1 cup boiling water 2/3 cup cold water
1/4 cup Sunnyland Small Pecan Pieces
1/3 cup celery, chopped

Drain beets, reserving 2 Tbsp. liquid. Dissolve gelatin in boiling water. Add cold water and reserved beet liquid. Cool until slightly thickened. Dice beets; fold beets, pecans and celery into gelatin. Spoon into 1-quart mold or 8 individual molds. Chill until set. Yield: 8 servings.

DATE APPLE SALAD

2 cups apples, diced
1/2 cup celery, chopped
1/2 cup Sunnyland Small Pecan Pieces
1/2 cup Sunnyland Dates, pitted and chopped
4 marshmallows, quartered
1/4 cup fruit salad dressing

Combine all ingredients; chill thoroughly. Serve on crisp lettuce. Yield: 6 servings.

LEMONY WALNUT VEGETABLE MOLD

2 (3 oz.) pkg. lemon-flavored gelatin
2 cups boiling water
1-1/2 cups cold water
1/4 cup tarragon-flavored vinegar
1 Tbsp. lemon juice
1/2 tsp. salt
1/2 tsp. onion juice
1/2 cup Sunnyland Small English Walnut Pieces, toasted
1/2 cup raw cauliflower, thinly sliced
1/2 cup unpeeled cucumber, thinly sliced
1/4 cup radishes, thinly sliced
1/4 cup cooked peas
Crisp lettuce leaves

Dissolve gelatin in boiling water. Stir in cold water, vinegar, lemon juice, salt and onion juice. Chill until syrupy. Stir the nuts and vegetables into the chilled gelatin. Pour into a 1-1/2 quart mold; chill until firm. Unmold on lettuce. Good with a sour cream dressing. Yield: 8 servings.

FRUIT SALAD DRESSING

1/3 cup sugar
1 Tbsp. cornstarch
1/4 tsp. salt
1 cup pineapple juice
Juice of 1 lemon Juice of 1 orange
2 eggs, beaten 1 cup whipped cream
1/2 cup Sunnyland Small Pecan Pieces

Mix the sugar, cornstarch, salt; stir in all the fruit juices. Cook in double boiler until thick, then add the beaten eggs, stirring constantly. Cook 5 min. longer. Cool. Just before serving add nuts and whipped cream.

BROCCOLI WITH TUNA HAZELNUT SAUCE

1/4 cup butter or margarine
1/4 cup flour 3/4 tsp. salt
1/4 tsp. coarsely ground pepper
1-1/2 cups milk
1/2 cup white wine or chicken bouillon
2 (6-1/2 oz.) cans tuna, drained
3/4 cup Sunnyland Toasted/Salted Hazelnuts, chopped and divided
1 bunch fresh broccoli, cooked till tender, or 2 (10 oz.) pkgs. frozen broccoli spears, cooked
1/3 cup Gruyere or Parmesan cheese, grated

Melt butter in saucepan, blend in flour, salt and pepper. Gradually add milk and wine. Cook, stirring constantly, until sauce boils about 1 minute. Add tuna and 1/2 cup hazelnuts. Arrange broccoli in a casserole dish. Pour tuna sauce over broccoli; sprinkle cheese and remaining hazelnuts on top. Lay strips of foil over any broccoli not covered by sauce. Bake at 375° for 15 to 20 minutes or until sauce is bubbling. Serves 4 to 6.

OLIVE AND CHIPPED BEEF RAREBIT

Looks good, tastes good, a teen-age school-party favorite

1 cup medium white sauce
1 cup grated American cheese
1/2 cup Sunnyland Small Pecan Pieces
1/2 tsp. salt
1/4 tsp. dry mustard
1/2 tsp. Worcestershire sauce
1/2 cup ripe olives, coarsely chopped
1/4 cup shredded dried beef
4 slices buttered toast or large round crackers

Heat the white sauce in the top of a double boiler. Stir the cheese in slowly until it melts; add the pecans and seasonings; mix well. Stir in the olives and beef. Serve on toast. Yield: 4 servings.

HOT TURKEY SALAD

2 cups cubed cooked turkey or chicken
2 cups celery, sliced
1 cup mayonnaise or salad dressing
1/2 cup Sunnyland Toasted Almonds, chopped
2 Tbsp. lemon juice
2 tsp. grated onion 1/2 tsp. salt
1/2 cup shredded American cheese
1 cup crushed potato chips

Combine ingredients except cheese and potato chips. Toss lightly. Pile lightly into individual bakers or custard cups. Sprinkle with shredded cheese and potato chips. Bake at 450° for 10 minutes. Yield: 5 to 6 servings.

FETTUCCINE WITH GOAT CHEESE AND WALNUT SAUCE

2 cups heavy cream, divided
Salt and pepper to taste
1/4 tsp. freshly grated nutmeg
1 cup Sunnyland English Walnut Pieces, toasted and coarsely chopped
3 Tbsp. butter
1 lb. fettuccine
1/2 lb. goat cheese, coarsely chopped
1 cup grated Parmesan cheese, divided

Put half the cream in a saucepan and bring to simmer. Add salt and pepper; cook about 5 minutes. Add nutmeg, remaining cream and walnuts; bring to a boil. Cook the fettuccine to desired doneness. Drain and add to walnut sauce. Place the saucepan over low heat. Immediately add the goat cheese and butter; toss until butter is melted and cheese is thoroughly hot. Turn out on warm serving platter. Sprinkle with additional pepper and 1/2 cup Parmesan cheese. Serve with the rest of Parmesan on the side. Yield: 4 to 6 servings.

CHOP SUEY

1 lb. diced fresh pork
1/3 cup flour
2 cups beef bouillon
3 Tbsp. soy sauce
3/4 cup mushrooms
1 cup onion, chopped
3 cups celery, chopped
1 cup Sunnyland Sliced Almonds
2 Tbsp. butter
4 cups cooked thin noodles or rice

Brown pork in large chafing dish pan; sprinkle meat with flour; stir until each piece is coated. Stir in bouillon and soy sauce. Add mushrooms, onion, celery and almonds. Cover; cook slowly about 30 minutes, stirring occasionally. Serve chop suey with hot buttered noodles or fluffy rice. Yield: 6 servings.

NUTBURGERS

6 slices of bacon
1-1/2 lbs. ground beef
1 tsp. salt
6 Tbsp. Sunnyland Small Pecan Pieces
3 Tbsp. parsley, chopped
2 Tbsp. onion, grated

Cook bacon until crisp; set aside. Season ground beef with salt; divide it into 12 portions. Shape portions into flat patties. Mix together pecans, parsley, onion and spread on 6 of the patties. Top each one with one slice of bacon broken in half. Top with the remaining patties. Pinch the edges together. Grill the nutburgers on a preheated grill for about 8 minutes, turning them once or panbroil them. Yield: 6 servings.

GOLDEN SQUASH PUFF

6 cups cooked hubbard squash, mashed
1/2 cup milk
1/4 cup + 2 Tbsp. flour
1/4 cup brown sugar, firmly packed
4 eggs, beaten
1/4 cup cooking sherry
1 tsp. salt
1/8 tsp. pepper
1 tsp. ground nutmeg
1 cup Sunnyland Pecan Pieces

Combine all ingredients except pecans. Beat until light and fluffy. Spoon into a buttered 12" × 8" × 2" baking dish; sprinkle pecans on top. Bake at 350° for 30 to 35 min. Yield: 10 to 12 servings.

MUSHROOM CREAMED ASPARAGUS

Favorite with ladies who play bridge . . .and ladies who don't

1 (10-1/2 oz.) can cream of mushroom soup
1/2 cup light cream **1 tsp. lemon juice**
1 egg yolk, beaten **1/2 tsp. salt**
1/4 tsp. pepper
1-1/2 lbs. cooked fresh asparagus (or 2-1/2 cups canned) cut in 1-1/2" pieces
1/2 cup Sunnyland Sliced Almonds
4 large patty shells or toast slices

Heat the soup in the top of double boiler; stir in the cream, lemon juice, beaten egg yolk and seasonings. Mix and cook two minutes. Add the drained asparagus; stir carefully and let heat; stir in the almonds. Serve in crisp patty shells or on toast. Yield: 4 servings.

GLAZED SWEET POTATOES

6 sweet potatoes
2 Tbsp. butter
1/3 cup brown sugar
4 Tbsp. water
1/2 cup Sunnyland Pecan Meal

Boil sweet potatoes until tender; peel and cut in slices. Make a syrup by boiling the sugar, water and butter together for 5 min. Lay the sliced potatoes in a buttered baking dish. Pour the syrup over them and sprinkle with pecan meal. Bake 1/2 hour at 350°, basting frequently.

SPINACH WITH BUTTER AND NUTS

1-1/2 lbs. fresh spinach, chopped or 1 (10 oz.) pkg. chopped frozen spinach
4 Tbsp. butter
1/4 cup Sunnyland Slivered Almonds

Cook spinach, drain well and keep warm. Melt butter very slowly in a heavy skillet with almonds. Allow to heat until the butter just starts to turn brown. Pour quickly over the spinach and serve at once. Yield: 3 servings.

PEANUT STUFFED EGGPLANT

1 medium to large eggplant
3 Tbsp. corn oil
1/4 cup butter
1/2 cup onions, chopped
1 clove garlic, crushed
1 medium tomato, peeled/chopped
1/4 tsp. dried thyme **1/8 tsp. cayenne**
Dash pepper **1/2 tsp. salt**
1 cup Sunnyland Toasted/Salted Peanuts, chopped
1-1/2 cup fresh bread crumbs
1 cup mozzarella cheese, shredded

Cut eggplant in half lengthwise and remove the center by cutting around the edge with a grapefruit knife, leaving a 1/4" shell. Chop eggplant pulp and set aside. Heat oil in skillet. Place eggplant shells cut side down, in skillet; cover and cook over moderate heat for 5 min. Turn shells over, rolling in oil to coat outside. Cover; cook 5 more minutes. Drain shells on paper towels; arrange in a shallow baking dish. Drain off remaining oil, add butter, onion and garlic; cook until onion is tender. Add chopped eggplant pulp, tomato and seasonings; cook over moderate heat until eggplant is soft, approximately 5 minutes; stir occasionally. Add peanuts and bread crumbs; mix well. Spoon mixture into eggplant shells. Bake at 400° for 15 min. Remove from oven; sprinkle with cheese. Return to oven until cheese is melted. Yield: 4 servings.

WALNUT ZUCCHINI

3 lbs. zucchini squash, trimmed
3 Tbsp. peanut oil **1-1/2 tsp. salt**
3/4 cup Sunnyland Small English Walnut Pieces
2 tsp. soy sauce
1/8 tsp. red pepper, crushed

Cut zucchini into 2" lengths and then quarter each piece lengthwise. In a large heavy skillet or wok heat oil over high heat. Add zucchini and salt; stir-fry 2 min. Add nuts, soy sauce and red pepper; stir fry 1 minute longer. Transfer to a serving dish. Yield: 6 servings.

CALIFORNIA CREAMED ONIONS

This is a perfect dish with a cold meat and salad luncheon

2 cups small onions, boiled and drained
2 cups medium white sauce
2 Tbsp. sherry
1/2 cup Sunnyland Sliced Almonds, toasted
4 pastry shells or buttered toast

To serve: heat onions in white sauce in a chafing dish pan set over hot water. When steaming, stir in the sherry and almonds. Heat 5 min. Serve at once in pastry shells or on toast. Yield: 4 servings.

PRUNE BREAD

1/2 cup margarine **1-1/2 cups sugar**
2 eggs
2-1/2 cups flour **1 tsp. baking powder**
1 tsp. baking soda **1 tsp. ground allspice**
1 tsp. ground cinnamon
1 cup buttermilk
1 cup Sunnyland Prunes, stewed and chopped
1 cup Sunnyland Black Walnut Pieces

In large bowl cream margarine and sugar until light and fluffy. Beat in eggs one at a time. In separate bowl sift dry ingredients. Alternately add dry ingredients and buttermilk to creamed mixture. Stir only until blended. Fold in prunes and nuts. Grease two 7-1/2" × 3-1/2" × 3-1/4" loaf pans; line bottoms with greased wax paper; dust with flour. Divide batter between the 2 pans. Bake at 350° for 50-60 minutes. Cool in pan 15 min. Turn onto cake rack; remove wax paper and cool completely.

ORANGE NUT BREAD

3 cups flour **3 tsp. baking powder**
1/2 tsp. salt **1/4 cup sugar**
1/2 cup Sunnyland English Walnut Pieces
1 Tbsp. grated orange rind
1/2 cup orange marmalade
1 cup milk **1 egg, well beaten**

Sift dry ingredients; add nuts, grated rind, marmalade. Add milk to beaten egg. Stir all ingredients together. Pour into well greased 12" × 5" loaf pan; let rise 15 to 20 min. Bake at 325° for 1 hour. Yield: 1 loaf.

MACADAMIA NUT BREAD

3 cups Sunnyland Macadamia Pieces
1 (1 lb.) can pineapple chunks, drained
1 (3-1/2 oz.) can flaked coconut
3/4 cup flour, sifted **3/4 cup sugar**
1/2 tsp. baking powder **1/2 tsp. salt**
3 eggs **1 tsp. vanilla**

Place nuts, pineapple and coconut in a large bowl. Sift dry ingredients over nut mixture. Mix thoroughly. Beat eggs until foamy; add vanilla. Stir into nut mixture. Spoon into a greased, wax paper-lined 9" × 5" loaf pan. Bake at 300° for 50 minutes. Remove from pan and cool. Wrap in foil or plastic wrap. Refrigerate. Yield: 1 loaf.

BROWN BREAD WITH NUTS

Especially good with a New England baked bean dinner

1/2 cup brown sugar **1/2 cup molasses**
1 egg, beaten **1 cup white flour**
1-1/4 cups graham flour
1 tsp. baking soda **1/2 tsp. salt**
1-1/2 cups buttermilk
2/3 cup Sunnyland Raisins
3/4 cup Sunnyland Small English Walnut Pieces

Beat sugar, molasses and egg. Add sifted dry ingredients alternately with buttermilk. Mix in raisins and nuts. Pour into greased 9" × 5" loaf pan. Bake at 350° for about 45 to 50 minutes or until bread tests done. Good served hot.

QUICK BLUEBERRY NUT BREAD

2 eggs **1 cup sugar**
1 cup milk **3 Tbsp. cooking oil**
3 cups flour **1 tsp. salt**
4 tsp. baking powder
1 cup fresh blueberries
1/2 cup Sunnyland Small English Walnut Pieces

Beat eggs; add sugar gradually; mix thoroughly. Add milk and oil. Sift flour, salt and baking powder; add to liquid mixture; stir only until blended. Carefully fold in blueberries and walnuts. Pour into greased 12" × 5" loaf pan and bake at 350° for 50 to 60 minutes. Yield: 1 loaf.

EASY BRAN MUFFINS

For quick snacks mix batter ahead and store in refrigerator up to one week

3 cups shreds of wheat bran cereal
1 cup Sunnyland Raisins
1 cup boiling water
1-1/2 cups sugar **2-1/3 cups flour**
1/2 tsp. salt **2-1/2 tsp. baking soda**
1/2 cup vegetable oil
2 cups buttermilk **2 eggs, beaten**
1 cup Sunnyland Small Pecan Pieces

Combine cereal and raisins in a large bowl; pour boiling water over mixture and mix well. Cool. Combine next 4 dry ingredients; make a well in center of dry mixture. Add buttermilk, oil, eggs, nuts and bran mixture; stir just enough to moisten dry ingredients. Spoon batter into greased muffin pans, filling 2/3 full. Bake at 400° for 15 to 18 minutes. Yield: 2-1/2 dozen.

BEST BANANA-NUT BREAD

1/2 cup butter or margarine, softened
1 cup sugar **2 eggs, beaten**
3 ripe bananas, mashed
2 cups all-purpose flour
1 tsp. soda **Pinch of salt**
1 cup Sunnyland Small Pecan Pieces
1 tsp. vanilla extract

Combine butter and sugar; cream until light and fluffy. Add eggs and bananas, mixing well. Combine dry ingredients; stir into banana mixture until all ingredients are just moistened. Stir in pecans and vanilla. Spoon batter into a greased 9" × 5" loaf pan. Bake at 250° for 1-1/2 hours or until bread tests done.

SHERRY NUT CAKE

A rich cake with a moist texture

1-1/2 cups flour **1 cup sugar**
1/2 tsp. salt **2 tsp. baking powder**
2 tsp. nutmeg
1 tsp. vanilla **6 Tbsp. cooking oil**
1/2 cup creme sherry
1/2 cup water
1 cup Sunnyland Small English Walnut Pieces

Sift dry ingredients together into mixing bowl. Make hole in center and pour in liquid ingredients. Mix well. Stir in nuts. Pour into lightly greased 8" square or 7" × 10" rectangular pan and bake at 350° for 30 to 35 minutes. Good served with whipped cream or ice cream topped with chopped nuts. Also good iced with cream cheese frosting (see below). Yield: 8 to 12 servings.

CANDY CAKE

In a hurry? Quick and Easy! Tasty, too!

8 oz. chopped candied cherries
8 oz. Sunnyland Dates, pitted and chopped
8 oz. shredded coconut
2 cups Sunnyland Small Pecan Pieces
1 cup condensed milk

Mix all ingredients only until coated with milk. Press in wax paper-lined loaf bread pan. Bake at 250° at least 1 hour. Chill before slicing.

HUMMINGBIRD CAKE

3 cups flour **2 cups sugar**
1 tsp. salt **1 tsp. soda**
1 tsp. ground cinnamon
3 eggs, beaten **1-1/2 cups salad oil**
1-1/2 tsp. vanilla
1 (8 oz.) can crushed pineapple, undrained
1 cup Sunnyland Black Walnut Pieces
2 cups bananas, chopped

Combine dry ingredients in large mixing bowl; add eggs and salad oil. Stir until moistened. Do not beat. Stir in vanilla, pineapple, black walnuts and bananas. Spoon batter into 3 well-greased and floured pans. Bake at 350° for 25 to 30 minutes or until cake tests done. Cool in pans 10 minutes. Remove and cool completely. Frost with cream cheese frosting. Refrigerate.

Cream Cheese Frosting

2 (8 oz.) pkg. cream cheese, softened
2 cups butter, softened
2 (16 oz.) boxes powdered sugar
1 tsp. vanilla
1 cup Sunnyland Small Black Walnut Pieces

Mix cream cheese and butter until smooth. Add powdered sugar; beat until light and fluffy. Stir in vanilla and nuts.

CHOCOLATE DATE CAKE

1 cup Sunnyland Dates, pitted and chopped
1 tsp. baking soda
1 cup boiling water
1/2 cup butter **1 cup sugar**
2 eggs **1 tsp. vanilla**
1-3/4 cups cake flour
1/2 tsp. salt **2 Tbsp. cocoa**
1 (12 oz.) pkg. chocolate bits
1/2 cup Sunnyland Small English Walnut Pieces

Put baking soda into boiling water and pour over dates. Set aside and cool. Cream butter and sugar. Add eggs and vanilla. Beat together well. Sift dry ingredients together. Add dry ingredients and date mixture alternately to butter, sugar and egg mixture. Mix thoroughly. Spread in 9" × 13" greased pan. Sprinkle chocolate bits and walnuts over top. Pat down. Bake at 350° for 30 minutes. Yield: 15 servings.

ZUCCHINI CAKE

A favorite after-school snack

5 eggs, beaten **1-1/8 cup oil**
2-1/4 cups sugar
1-1/2 tsp. lemon peel, grated
3/4 tsp. orange extract **1/2 tsp. vanilla**
3 cups zucchini, grated
3-3/4 cups flour **1-1/4 tsp. salt**
3/4 tsp. cinnamon **1/2 tsp. ginger**
3 tsp. baking powder
1-1/2 tsp. baking soda
3/4 cup Sunnyland Small English Walnut Pieces

Combine eggs, oil and sugar. Beat well. Add lemon peel, orange extract, vanilla and zucchini. Beat well. In another bowl, combine flour, salt, cinnamon, ginger baking soda and baking powder. Combine flour mixture with egg mixture. Add nuts; mix well. Pour into 2 greased and floured 9" × 5" loaf pans. Bake at 350° for hour. Cool in pan for 10 min. Turn onto wire rack; finish cooling. Delicious by itself or frost with cream cheese frosting (see recipe at left) either with or without nuts.

RAW APPLE CAKE

2 cups sugar **2 eggs**
1/2 cup shortening
2 cups flour
1 tsp. ginger **2 tsp. soda**
1/2 tsp. salt **2 tsp. cinnamon**
1 cup Sunnyland Golden Raisins
1 cup Sunnyland Small Pecan Pieces
4 cups tart fresh apples, diced

Cream together shortening, sugar and eggs. Add dry ingredients, mix well. Fold in raisins, nuts and apples. Turn into a greased and floured 9" × 12" pan. Bake at 350° for 50 minutes.

TEA TIME TARTS

A delectable bite-size treat

Pastry

1 (3 oz.) pkg. cream cheese, softened
1 cup flour
1 stick margarine or butter, softened

Filling

1 cup brown sugar **1 tsp. vanilla**
1 cup Sunnyland Small English Walnut Pieces
1 egg, beaten **1 Tbsp. soft butter**
Pinch of salt
Powdered sugar for top

Blend pastry ingredients and roll into 24 balls. Put in refrigerator to chill about 1 hour. When cool, press into 24 one inch muffin tins to form shells. Fill centers of shells with filling ingredients that have been blended together. Bake at 375° for 30 to 35 minutes. Cool and sprinkle powdered sugar on top. Yield: 24 tarts.

BROWNIE PUDDING

1 cup cake flour **2 tsp. baking powder**
3/4 cup sugar **1/2 tsp. salt**
2 Tbsp. cocoa
1/2 cup milk **1 tsp. vanilla**
2 Tbsp. shortening, melted
3/4 cup Sunnyland Small English Walnut or Pecan Pieces
3/4 cup brown sugar **1/4 cup cocoa**
1-3/4 cup hot water

Sift together first 5 ingredients. Add milk, vanilla and shortening; mix until smooth. Stir in nuts. Pour into greased 8" × 8" × 2" pan. Mix brown sugar and cocoa; sprinkle over batter. Pour hot water over entire batter. Bake at 350° for 40 to 45 min.

LEMON SOUFFLE

5 egg yolks **3/4 cup sugar**
1 tsp. lemon rind, grated
4 Tbsp. lemon juice
1/2 cup Sunnyland Small Pecan Pieces
5 egg whites **1/8 tsp. salt**

Beat egg yolks until very light. Gradually add sugar and beat constantly until eggs are light and creamy. Add lemon rind, juice and nuts. Beat egg whites with salt until light, but not dry. Fold lightly into yolk mixture. Spoon into a 9" souffle dish. Set in pan of hot water and bake at 325° for 50 minutes or until firm. Serve at once. Yield: 4 servings.

NUT MERINGUE "PIE"

Beat 3 eggs whites stiff. Add 1/2 tsp. baking powder and 1 cup sugar gradually while beating; fold in 10 soda crackers, crushed very fine and 1 cup Sunnyland Small Pecan Pieces. Bake at 350° in greased 9" pie tin for 1 hour. Serve with whipped cream or ice cream.

CHOCOLATE DELIGHT

A favorite for our office parties

3/4 cup butter or margarine, melted
1-1/2 cups flour
3/4 cup Sunnyland Small Pecan Pieces
1 (8 oz.) pkg. cream cheese, softened
1 cup powdered sugar
1 (13-1/2 oz.) carton frozen whipped topping, thawed and divided
1 (4-1/2 oz.) pkg. chocolate instant pudding mix
1 (3-3/4 oz.) pkg. vanilla instant pudding mix
3 cups milk
Sunnyland Small Pecan Pieces for garnish
Chocolate grated for garnish

Combine butter, flour and pecan pieces, mixing well. Press into a 13" × 9" × 2" pan. Bake at 375° for 15 min; cool completely. Combine cream cheese, sugar and 1-1/2 cups whipped topping; blend thoroughly. Spread over crust; chill. Combine pudding mixes and milk; beat 2 min. at medium speed. Spread over cream cheese layer. Spread remaining whipped topping over pudding layer. Garnish with pecans and chocolate. Refrigerate. Yield: 15 servings.

HOLIDAY BAKED PUDDING

2-1/4 cups all-purpose flour
1 cup sugar
1 cup fresh bread crumbs
1 cup Sunnyland Dates, chopped
1 cup chopped apple
1 cup ground suet
1 cup buttermilk
2 eggs
1/2 cup Sunnyland Small English Walnut Pieces
1/2 cup molasses
1 tsp. baking powder
1 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. ground cloves
2 pints vanilla ice cream, softened

Grease 8-cup pudding mold and its lid (or, cut foil to cover 2-quart casserole with 1-inch overhang). Measure all ingredients (except ice cream) into a large bowl; stir until well mixed. Pour mixture into mold; cover with lid or foil and seal tightly around edges. Bake at 325° for 2-1/2 hours or until toothpick inserted in center comes out clean. Cool on wire rack 5 minutes; loosen pudding and invert onto platter. Serve warm with ice cream. Yield: 12 servings.

To do several days ahead: Bake pudding; cover and refrigerate. To serve; Reheat covered at 325° for 1 hour.

ALMOND OATIES

1 cup butter or margarine, softened
1 cup sugar
1 cup light brown sugar, lightly packed
2 large eggs **1 tsp. vanilla extract**
1/2 tsp. almond extract
3/4 cup all-purpose flour
1/2 cup whole-wheat flour
1 tsp. salt **1 tsp. baking soda**
3 cups rolled oats
1-1/2 cups Sunnyland Toasted Almonds, chopped
1 (6 oz.) pkg. semi-sweet chocolate pieces

In a large bowl with mixer cream butter with sugar, eggs, vanilla and almond extract until fluffy. On low speed, gradually beat in flours, salt and baking soda until well blended. Stir in oats, almonds and chocolate pieces. Chill dough 30 minutes or overnight. Heat oven to 350°. Lightly grease several cookie sheets. Drop rounded teaspoonfuls of dough onto cookie sheets 2" apart. Bake 10 min. or until lightly browned. Cool on wire racks. Store in airtight container. Yield: 6 dozen.

MAPLE WALNUT BARS

1 egg beaten **1/2 cup sugar**
1/3 cup butter or margarine, melted
1/2 cup self-rising flour
1 tsp. maple flavoring
1 cup Sunnyland Large English Walnuts
1/2 cup Sunnyland Raisins

Combine egg and sugar, beating well. Add remaining ingredients; mix well. Spread evenly in a greased 8" square pan. Bake at 350° for 30 minutes. Cool in pan; cut into squares.

ICEBOX NUT COOKIES

1/2 lb. butter **1 tsp. nutmeg**
2 cups sugar **2 eggs**
3 cups flour, sifted
2-1/4 cups Sunnyland Small English Walnut Pieces
1 large lemon rind, grated

Cream butter in a bowl with mixer; add nutmeg and sugar; beat well. Add eggs, one at a time, beating well after each addition. Gradually add the flour, on low speed, scraping the bowl and beating only until the mixture is smooth and holds together. Mix in nuts and lemon rind with a wooden spoon. Shape into 1 or 2 long rolls, wrap in wax paper and freeze or refrigerate until dough is very stiff or frozen solid. Cut dough into 1/4" slices; place slices 1/2" to 1" apart on ungreased cookie sheets. Bake in a preheated 350° oven for 18 to 20 min. until lightly colored. Do not underbake. They should be very crisp when cool. Yield: 45 to 50 cookies.

OLD FASHIONED RAISIN BARS

A great lunch box addition.
Favorite with kids and their friends

1 cup Sunnyland Raisins
1/2 cup hot water
1/2 cup shortening
1 cup sugar
2 eggs, beaten lightly
1 tsp. vanilla
1-3/4 cups self-rising flour
1 tsp. cinnamon **1/4 tsp. nutmeg**
1 cup Sunnyland Small Pecan Pieces

In large bowl, soak raisins in hot water 5 minutes; add shortening; stir until melted. Add sugar, eggs and vanilla; mix well. Add blended flour and spices; mix well. Stir in pecans; spread in greased 9" × 12" pan; bake at 375° for 15 - 20 minutes. While warm spread with frosting.

Frosting

2 cups confectioners sugar
1/8 tsp. salt
1 tsp. vanilla
3 tsp. milk

Mix all ingredients. Add more milk if needed to spread.

CASHEW CARAMEL YUMMIES

This delicious bar stays soft and fresh for a long time.

3/4 cup flour, sifted
1/2 tsp. baking powder
1/4 tsp. salt
1/2 cup granulated sugar
1/2 cup brown sugar, packed
2 eggs, slightly beaten
1/2 cup Sunnyland Toasted/Salted Cashews, chopped

Sift flour with baking powder and salt. Stir sugar and brown sugar into eggs; blend in nuts. Blend dry and wet ingredients. Turn mixture into greased 9" square pan. Bake at 350° for 20 to 25 minutes or until crust springs back when lightly touched. Spread topping on baked layer immediately, covering top completely. Place under broiler about 1 minute or until topping bubbles and is light brown. While warm cut into bars; cool in pan. Yield: 36 bars.

Topping

1/4 cup brown sugar
2 Tbsp. butter or margarine, melted
1-1/2 Tbsp. light cream
1/3 cup Sunnyland Toasted/Salted Cashews, chopped

Cream brown sugar with butter and cream. Add nuts and mix thoroughly.

DRIED FRUIT CONSERVE

1-1/2 cups Sunnyland Dried Apricots, cut-up
1-1/3 cups Sunnyland Dried Peaches, cut up
1-1/3 cups Sunnyland Dried Pears, cut up
1 medium unpeeled orange, chopped (about 1 cup) take out seeds
3 cups water
2 cups sugar
1/2 cup Sunnyland Golden Raisins
1 Tbsp. lemon juice
1/2 tsp. cinnamon (optional)
1/8 tsp. cloves (optional)
1/2 cup Sunnyland Small Pecan Pieces

Combine first 5 ingredients; cover and cook until fruits are tender, about 15 to 20 minutes. Uncover and add remaining ingredients except pecans. Slowly bring to a boil, stirring occasionally until sugar dissolves. Cook rapidly, stirring frequently until thick, about 15 minutes. Add pecans the last 5 minutes of cooking. Pour boiling hot into hot mason jars. Adjust caps. Process 10 to 15 minutes in water bath at 180° to 185°. Yield: about 5 half pints.

Note: To cut up dried fruits, use scissors, dipping them into cold water occasionally.

HARLEQUIN CONSERVE

25 ripe peaches **10 red plums**
1 pineapple **1 lb. white grapes**
1 orange **sugar**
3 cups Sunnyland Slivered Almonds

Wash fruit. Peel and core peaches, plums and pineapple; cut into small pieces. Halve grapes and remove seeds. Slice whole orange very thin. Cook all fruit together over low heat until soft. Measure and allow 3/4 cup sugar to each cup fruit. Cook very gently 20 minutes and add slivered almonds. Continue cooking slowly, stirring occasionally, until thick and clear, about 1-1/2 to 2 hours. Pour into sterilized jars and seal with paraffin. Yield: 15 - six oz. jars.

NO-COOK CRANBERRY CONSERVE

A spicy relish to eat with poultry or meat

1 (8 oz.) can whole cranberry sauce
1/2 medium lemon, thinly sliced; cut slices into quarters
1 small onion, chopped
1/4 cup Sunnyland Small English Walnut Pieces
2 Tbsp. Sunnyland Raisins
1 tsp. spicy brown mustard
1/4 tsp. hot pepper sauce

In medium bowl stir cranberry sauce, lemon, onion, walnuts and raisins until blended. Stir in mustard and hot pepper sauce. Cover; let stand at room temperature 30 minutes for flavor to develop.
Yield: 1-1/4 cups.

GRAPE CONSERVE

7 lb. Concord grapes
Sugar
2 lb. seedless white grapes
4 oranges sliced very thin
4-1/2 cups Sunnyland Small English Walnut Pieces

Stem grapes and wash. Place Concord grapes in heavy kettle without water. Mash slightly; bring to a boil; simmer until juice is free, about 15 minutes. Force thru a sieve to remove seeds, then measure pulp. To every 4 cups pulp use 3 cups sugar. Add the stemmed white grapes and the orange slices; boil carefully to the jelly stage. Remove from heat, add nuts, pour into sterilized jars and seal with paraffin. Yield: 20 - six oz. jars.

SPICED PEACH-NUT CONSERVE

3 lb. (approx.) soft ripe peaches
1/2 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. cloves
1/4 cup lemon juice, fresh, frozen, or canned
1 cup Sunnyland Brazil nuts, thinly sliced
7-1/2 cups sugar
1 bottle fruit pectin

Peel and pit peaches. Chop very fine or grind. Measure 4 cups into a very large saucepan. Add cinnamon, cloves and allspice. Add 1/4 cup lemon juice. Add the Brazil nuts and sugar. Place over high heat; bring to a full, rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in fruit pectin. Then stir and skim by turns for 5 minutes to cool slightly and to prevent floating fruit. Ladle quickly into jars. Paraffin at once.
Yield: 11 - six oz. jars.

GOLDEN MARMALADE

Makes a lovely sauce for ice cream and can be used as marmalade.

1 lb. (3 cups) Sunnyland Dried Apricots, cut in small pieces
1 (1 lb. 4 oz.) can crushed pineapple, undrained
1/2 cup lemon juice
4 cups water
8 cups sugar

Combine all ingredients in a large saucepan. Blend well. Cook over medium heat stirring often for about 25 minutes or until mixture comes to a rolling boil. Boil rapidly, stirring often to prevent sticking, for about 35 to 45 minutes, until syrup is thick and jelly like. Ladle into hot sterilized jars. Top with layer of paraffin. When cold, cover with clean dry lids or foil.